



# Microplex VM™

Micronutrient Complex



## Product Description

dōTERRA's Microplex VM™ Micronutrient Complex is a comprehensive array of bioavailable vitamins and chelated minerals that are often deficient in our modern diets. Microplex VM provides a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B Vitamins. It also contains important minerals for metabolism and the vital bone nutrients calcium, magnesium, and zinc. Microplex VM also contains a Tummy Taming™ blend of peppermint, ginger, and caraway to calm the stomach and a blend of digestive enzymes to support nutrient metabolism.\*

## Concept

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories (incidence of obesity continues to rise at an alarming rate around the globe), a growing body of evidence shows even as we eat more we are obtaining less of the essential nutrients vital to optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us fat even as our bodies are deprived of vitamins, minerals, and other essential nutrients. A recent position taken by the *American Medical Association* acknowledges the prudence of taking nutritional supplements, admitting that while “the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not.”<sup>1</sup>

Some nutritional supplements manufacturers add many times the necessary amount of vitamins or minerals to their products to persuade consumers that “more is better.” In reality, more does not always offer additional benefits and may simply be “more expensive.” Microplex VM provides a balanced, high-quality supplement formulated to provide the essential micronutrients likely to be deficient in your diet and known to support optimal vitality and wellness.

Microplex VM is a comprehensive array of bioavailable vitamins and chelated minerals that are often deficient in our modern diets, yet essential for normal growth, functioning, and maintenance of cells. Microplex VM provides a balanced blend of essential antioxidant

vitamins A, C, and E, and an energy complex of B vitamins. It also contains important minerals for metabolism and the essential bone nutrients calcium, magnesium and zinc.

## Primary Benefits

- Provides 23 essential vitamins and minerals to support normal growth, functioning and maintenance of cells\*
- Fights free radicals with the antioxidants vitamins A, C, and E\*
- Supports bone health with calcium, magnesium, zinc, and vitamin D\*

## What Makes This Product Unique?

- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E
- Includes an energy complex of B vitamins
- Includes a balanced blend of essential minerals including calcium, magnesium, and zinc as well as other important chelated minerals
- dōTERRA Tummy Taming digestive blend of herbs and digestive enzymes

## Who Should Use This Product?

Microplex VM is a key component of the dōTERRA Lifelong Wellness™ program. For enhanced benefit, Microplex VM™ should be used with Alpha CRS™ and EO Mega™ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.\* Microplex VM can also be used by any adult desiring the benefits of a well-balanced micronutrient supplement.

## Directions for Use

Adults, take 4 capsules per day, with food. Microplex VM is formulated to be used daily with EO Mega and Alpha CRS. (Consumption with the fatty acids in EO Mega will support metabolism of the fat-soluble vitamins in Microplex.)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

<sup>1</sup>Journal of the American Medical Association, June 19, 2002

<b>Supplement Facts</b>		
<b>Serving Size: Four (4) Capsules</b>		
<b>Servings per Container: 30</b>		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Vitamin A (as retinyl palmitate and 33% as beta carotene)</b>	<b>7500 IU</b>	<b>150%</b>
<b>Vitamin C (as calcium ascorbate)</b>	<b>300 mg</b>	<b>500%</b>
<b>Vitamin D (as cholecalciferol)</b>	<b>600 IU</b>	<b>150%</b>
<b>Vitamin E (as dl-alpha tocopherol cinate)</b>	<b>100 IU</b>	<b>333%</b>
<b>Vitamin K (as phytonadione)</b>	<b>10 mcg</b>	<b>13%</b>
<b>Vitamin B<sub>1</sub> (as thiamine mononitrate)</b>	<b>9 mg</b>	<b>600%</b>
<b>Vitamin B<sub>2</sub> (as riboflavin)</b>	<b>9 mg</b>	<b>529%</b>
<b>Niacin (as niacinamide)</b>	<b>20 mg</b>	<b>100%</b>
<b>Vitamin B<sub>6</sub> (as pyridoxine hydrochloride)</b>	<b>9 mg</b>	<b>450%</b>
<b>Folate (as folic acid)</b>	<b>400 mcg</b>	<b>100%</b>
<b>Vitamin B<sub>12</sub> (as cyanocobalamin)</b>	<b>9 mcg</b>	<b>150%</b>
<b>Biotin</b>	<b>300 mcg</b>	<b>100%</b>
<b>Pantothenic Acid (as calcium pantothenate)</b>	<b>10 mg</b>	<b>100%</b>
<b>Iodine (as potassium iodide)</b>	<b>75 mcg</b>	<b>50%</b>
<b>Calcium (as calcium carbonate, calcium ascorbate, calcium citrate, calcium glycinate)</b>	<b>494 mg</b>	<b>49%</b>
<b>Iron (ferrous bis-glycinate)</b>	<b>2.5 mg</b>	<b>14%</b>
<b>Magnesium (as magnesium oxide, magnesium glycinate)</b>	<b>100 mg</b>	<b>25%</b>
<b>Zinc (as zinc glycinate)</b>	<b>7.5 mg</b>	<b>50%</b>
<b>Selenium (as selenium glycinate)</b>	<b>35 mcg</b>	<b>50%</b>
<b>Copper (as copper glycinate)</b>	<b>500 mcg</b>	<b>25%</b>
<b>Manganese (as manganese glycinate)</b>	<b>500 mcg</b>	<b>25%</b>
<b>Chromium (as chromium nicotiny glycinate)</b>	<b>80 mcg</b>	<b>66%</b>
<b>Molybdenum (as molybdenum glycinate)</b>	<b>30 mcg</b>	<b>40%</b>
<b>Digestive Enzyme Blend</b>	<b>50 mg</b>	<b>*</b>
<b>DōTerra Tummy Taming™ Blend: Peppermint Leaf, Ginger Root extract, Caraway Seed</b>	<b>3 mg</b>	<b>*</b>
<b>Silicon (from Horsetail Leaf extract)</b>	<b>1 mg</b>	<b>*</b>
<b>Boron (as boron citrate)</b>	<b>200 mcg</b>	
<b>Ginger (root)</b>	<b>1 mg</b>	<b>*</b>
<b>Peppermint (leaf)</b>	<b>1 mg</b>	<b>*</b>
<b>Vanadium (as vanadium sulfate)</b>	<b>10 mcg</b>	<b>*</b>

\* Daily Value not established.

**Other Ingredients:** Gelatin, microcrystalline cellulose, magnesium stearate, and silicon dioxide.