

# Vegan Microplex VMz® Food Nutrient Complex

Made with SLS-free vegetable capsules

## PRODUCT DESCRIPTION

dōTERRA Vegan Microplex VMz Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that are deficient in our modern diets. This product provides the same benefits as Microplex VMz, but is sourced from vegan-friendly sources. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. Vegan Microplex VMz also contains chelated minerals including calcium, magnesium, and zinc for optimal bone and metabolic health.\* Vegan Microplex VMz contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger, and Caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products.\* Vegan Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules.

## 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, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for 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. 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” (*Journal of the American Medical Association*, June 19, 2002).

Vegan Microplex VMz is a comprehensive array of vitamins and minerals presented in a food nutrient complex that are essential for normal growth, function, and maintenance of cells.\* Vegan Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, and E; an energy complex of B vitamins; and 20 mcg of vitamin D.\* It also contains important chelated minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.\*

### **Patented Glycoprotein Matrix**

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Sometimes vitamins and minerals are isolated or synthetically constructed and may become more difficult for our bodies to recognize and absorb as food nutrients. The vitamins in Vegan Microplex VMz are presented in a patented glycoprotein matrix to help promote bioavailability. To make a vitamin glycoprotein compound, a vitamin is introduced to a culture of lactobacillus and yeast. As it grows, the yeast metabolizes and binds the vitamin into its protein matrix, making the vitamin more recognizable as food in the digestive process.



**CPTG** Certified Pure Tested Grade™

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

## CONCEPT (CONTINUED)

Digestion of the vitamins and minerals in Vegan Microplex VMz® is also enhanced by the presence of a blend of digestive enzymes and mineral cofactors that are necessary for proper assimilation of food nutrients.\*

**Vegan Microplex VMz Food Nutrient Complex**  
dōTERRA® Vegan Microplex VMz represents the gold standard in vitamin and mineral supplementation. The formula is encapsulated in sodium lauryl sulfate free vegetable capsules. It also contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway seed botanical extract to help calm the stomach.\*

Vegan Microplex VMz is formulated to be used daily with dōTERRA Alpha CRS+® and vEO Mega® as a comprehensive vegan dietary supplement foundation for a lifetime of vitality and wellness.\*

## PRIMARY BENEFITS

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*
- Supports healthy metabolism and cellular energy\*
- Supports bone health with calcium, magnesium, zinc, and vegan-friendly vitamin D\*
- Supports healthy immune function\*
- Supports healthy digestion\*
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients\*
- Natural folate from lemon peel
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E; an energy complex of B vitamins; presented in a patented vegan-friendly glycoprotein matrix for enhanced bioavailability\*
- Includes a balanced blend of chelated minerals including calcium, magnesium, zinc, selenium, copper, manganese, and chromium

- Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- Formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, α-galactosidase, diastase, glucoamylase, and peptidase
- Contains a full-spectrum of vitamin E forms including tocotrienols
- Includes the dōTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway\*
- Made with sodium lauryl sulfate free vegetable capsules
- Specially formulated to be used daily with vEO Mega and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness\*

## DIRECTIONS FOR USE

Adults, take 4 vegetable capsules per day with food. Vegan Microplex VMz is formulated to be used daily with Alpha CRS+ and vEO Mega. (Taking with the fatty acids in vEO Mega will support absorption of the fat-soluble vitamins in Vegan Microplex VMz.)

†US patents #6864231, #6942856, #7138113

## FAQS

**Q: Does this product contain genetically modified material?**

**A:** Vegan Microplex VMz does not contain genetically modified material.

**Q: If I am taking the Slim & Sassy® VShake, do I still need to take Vegan Microplex VMz too?**

**A:** Vegan Microplex VMz is designed to provide a full day's supply of a wide variety of high quality, bioavailable nutrients. Slim & Sassy VShake, though it contains a number of vitamins and minerals, is only designed to provide a small boost to that meal. Both products can be safely taken on the same day.

**Q: With the enzyme blend in this formula, do I also need to take DigestZen Terrazyme®?**

**A:** The enzyme blend in Vegan Microplex VMz® is only designed to provide a small boost to normal digestion.\* If you need full support for digestive health or other concerns, DigestZen Terrazyme is recommended in addition to Vegan Microplex VMz.\*

**Q: What does Vegan Microplex VMz stand for?**

**A:** Vegan Microplex is a combination of “micronutrient” and “complex.” VM stands for vitamins and minerals. The “z” reflects improvements that have been made to the product since it was first launched.

**Q: Can this formula be considered a whole food supplement?**

**A:** Vegan Microplex VMz contains simple vitamins and minerals that are known to be required for health. What is most important about simple nutrients is that they be bioavailable. We have selected vitamins and minerals that have been shown by scientific research to optimize bioavailability in the body.

**Q: Can my children take this product instead of the dōTERRA a2z Chewable?**

**A:** dōTERRA recommends dōTERRA a2z Chewable and IQ Mega® for children rather than Vegan Microplex VMz. For older children or teenagers that can swallow capsules, a half dose is OK. For any questions please consult your pediatrician.

## COMPLEMENTARY PRODUCTS

- PB Assist+®
- Alpha CRS+®
- Bone Nutrient Essential Complex
- vEO Mega®

## KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*. 2007; 98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. *Ann Nutr Met*. 2007; 51:301-323.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol*. 2003; 49:277 -300.

Tang BMP, Eslick GD, Nowson C, et al. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *The Lancet*. 2007;370:657-666.

# Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

|  | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Calories   | 5                  |               |
| Vitamin A (86% as β Carotene and Retinyl Palmitate)  | 2100 mcg           | 233%          |
| Vitamin C (from Calcium Ascorbate and Magnesium Ascorbate)   | 200 mg             | 222%          |
| Vitamin D (as Ergocalciferol)  | 20 mcg             | 100%          |
| Vitamin E (as Natural Mixed Tocopherols and Tocotrienols)  | 34 mg              | 230%          |
| Vitamin K (from Glycoprotein Matrix)   | 20 mcg             | 17%           |
| Thiamin (from Glycoprotein Matrix)   | 3 mg               | 250%          |
| Riboflavin (from Glycoprotein Matrix)  | 3 mg               | 231%          |
| Niacin (from Glycoprotein Matrix)  | 20 mg NE           | 125%          |
| Vitamin B <sub>6</sub> (from Glycoprotein Matrix)  | 3 mg               | 176%          |
| Folate (from Natural Lemon Peel Extract)   | 680 mcg DFE        | 170%          |
| Vitamin B <sub>12</sub> (from Glycoprotein Matrix)   | 10 mcg             | 417%          |
| Biotin (from Glycoprotein Matrix)  | 300 mcg            | 1000%         |
| Pantothenic Acid (as Glycoprotein Matrix)  | 10 mg              | 200%          |
| Calcium (as Calcium Malate, Natural Coral, and Calcium Ascorbate)  | 500 mg             | 39%           |
| Iron (as Bis-Glycinate Chelate)  | 6 mg               | 33%           |
| Iodine (from Kelp ( <i>Laminaria digitata</i> ) Stem and Leaf Powder)  | 25 mcg             | 17%           |
| Magnesium (as Dimagnesium Malate and Magnesium Ascorbate)  | 150 mg             | 35%           |
| Zinc (as Zinc Bis-Glycinate Chelate)   | 15 mg              | 136%          |
| Selenium (as Selenium Glycinate Complex)   | 70 mcg             | 127%          |
| Copper (as Copper Bis-Glycinate Chelate)   | 0.5 mg             | 56%           |
| Manganese (as Manganese Bis-Glycinate Chelate)   | 0.5 mg             | 22%           |
| Chromium (as Chromium Nicotinate Glycinate Chelate)  | 50 mcg             | 143%          |
| <b>Proprietary Whole-Food Blend:</b>   | <b>80 mg</b>       | <b>**</b>     |
| Kale ( <i>Brassica oleracea acephala</i> ) Leaf Powder, Dandelion ( <i>Taraxacum officinale</i> ) Leaf Powder, Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder, Kelp ( <i>Laminaria digitata</i> ) Stem and Leaf Powder†, Broccoli ( <i>Brassica oleracea italica</i> ) Aerial Parts Powder, Brussels Sprout ( <i>Brassica oleracea gemmifera</i> ) Immature Inflorescences Powder, Cabbage ( <i>Brassica oleracea capitata</i> ) Leaf Extract, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder |                    |               |
| <b>Active Enzyme Blend:</b>  | <b>10 mg</b>       | <b>**</b>     |
| Protease, Lactase, Lipase, Amylase, α-Galactosidase, Diastase, Glucoamylase, Peptidase   |                    |               |
| <b>dōTERRA Tummy Tamer Blend:</b>  | <b>30 mg</b>       | <b>**</b>     |
| Caraway ( <i>Carum carvi</i> ) Seed Extract, Ginger ( <i>Zingiber officinale</i> ) Rhizome Extract, Peppermint ( <i>Mentha piperita</i> ) Leaf Extract   |                    |               |

\*\* Daily Value not established.

**Other Ingredients:** Hypromellose, Gum acacia, Maltodextrin, Stearic acid, Yeast (*Saccharomyces cerevisiae*), Soy flour, Silicon dioxide, Glycine, Citric acid, Hesperidin, Microcrystalline cellulose, Pea starch, DL-Methionine, Alginate, *Lactobacillus acidophilus*.

**Contains Soy and Wheat**

† Kelp is naturally harvested from the ocean, which means that it is possible for trace amounts from very small fish and/or shellfish to be included in the harvesting and processing of this ingredient.

Manufactured exclusively for dōTERRA Intl, LLC, 389 S 1300 W Pleasant Grove, UT 84062, U.S.A. www.doterra.com For Customer Support, call 800-411-8151

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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**VEGAN MICROPLEX VMz®  
FOOD NUTRIENT COMPLEX  
120 VEGETABLE CAPSULES**

Part number: 60201122  
Wholesale price: \$49.50  
Retail: \$66.00  
PV: 39.5