

# Microplex MVp™ Food Nutrient Complex

Made with SLS-free vegetable capsules

## PRODUCT DESCRIPTION

dōTERRA Microplex MVp™ Food Nutrient Complex is a balanced formula of bioavailable vitamins and minerals that may be deficient in our modern diets. This formula is encapsulated using sodium lauryl sulfate-free vegetable capsules, and does not contain wheat or dairy products.

## 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. 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.”

Some nutritional supplement manufacturers add many times the necessary amount of vitamins and minerals to their products to persuade consumers that “more is better.” In reality, more does not offer additional benefits and the excess is simply unused by the body. Microplex MVp is a balanced, high-quality supplement formulated to provide the essential micronutrients likely to be deficient in your diet.

### **Chelated Minerals**

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. When vitamins and minerals are taken alone and not balanced with the other vitamins and minerals at the right ratios, they are not as beneficial to the body. For example, many of the minerals in Microplex MVp™ have been combined with amino acids to create complexes known as chelated minerals to enhance bioavailability. The chelated minerals in Microplex MVp are then balanced with each other, including iron, zinc, selenium, copper, manganese, and chromium.

### **Microplex MVp Food Nutrient Complexes**

dōTERRA Microplex MVp represents the gold standard in natural vitamin and mineral supplementation. In addition to everything mentioned above, it also contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway botanical extracts. This unique formula is encapsulated in sodium lauryl-sulfate free vegetable capsules, and does not contain wheat or milk products.



Microplex MVp is formulated to be used daily with xEO Mega® as a comprehensive dietary supplement foundation. Both products can be found in one convenient pack—the dōTERRA Daily Nutrient Pack™. Save significantly by buying them in the two pack.

## PRIMARY BENEFITS

- Provides 22 essential, and highly absorbable, vitamins and minerals
- Includes a balanced blend of highly absorbable minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and other minerals
- Includes a whole-food botanical extract blend of kale, dandelion, parsley, spinach, broccoli, cabbage, and brussels sprout
- Contains natural vitamin E tocopherols and tocotrienols
- Includes the dōTERRA digestive blend of Peppermint, Ginger, and Caraway\*
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or wheat products
- Specially formulated to be used daily with xEO Mega® as a comprehensive dietary supplement foundation

## DIRECTIONS FOR USE

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

## FAQS

**Q: Can this product be considered non-GMO and gluten-free?**

**A:** Microplex MVp is free of genetically modified material and does not contain gluten.

**Q: If I am taking the Slim & Sassy® TrimShake, do I still need to take Microplex MVp?**

**A:** Microplex MVp is designed to provide a full day's supply of a wide variety of high quality, bioavailable nutrients. Slim & Sassy® TrimShake, 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 in the same day.

**Q: What does Microplex MVp stand for?**

**A:** Microplex is a combination of "micronutrient" and "complex." MVp stands for minerals and vitamins with polyphenols.

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

**A:** Microplex MVp 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 sourced 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 dōTERRA A2Z Chewable®?**

**A:** dōTERRA recommends A2Z Chewable and IQ Mega® for children rather than the dōTERRA Daily Nutrient Pack. For older children or teenagers that can swallow capsules, a half dose is recommended.

## COMPLEMENTARY PRODUCTS

- xEO Mega
- Alpha CRS+
- PB Assist®+
- Deep Blue Polyphenol Complex™
- Mito2Max®
- Bone Nutrient Lifetime Complex™

# Nutrition Information

Servings per Container: 30

Serving Size: Four (4) Capsules (3.1 g)

	Per Serving
Energy	0 Kcal
Protein	0 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	0 g
Dietary Fiber	0 g
Sugars	0 g
Sodium	0 mg
<b>Vitamin A</b> (as Retinyl Palmitate and Alpha and Beta Carotene)	4700 IU
<b>Vitamin C</b> (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg
<b>Vitamin D3</b> (as Natural Cholecalciferol)	800 IU
<b>Vitamin E</b> (as Vitamin E D-α Tocopherol Acetate, Natural Mixed Tocopherols and Tocotrienols)	55 IU
<b>Vitamin K</b> (as Phytonadione and Menaquinone-7)	60 mcg
<b>Thiamin</b> (as Thiamin Mononitrate)	3 mg
<b>Riboflavin</b>	4 mg
<b>Niacin</b> (as Niacinamide)	20 mg
<b>Vitamin B6</b> (as Pyridoxine HCL)	3 mg
<b>Folate</b> (from Natural Lemon ( <i>Citrus limon</i> ) Peel Extract)	200 mcg
<b>Vitamin B12</b> (as Methylcobalamin)	12 mcg
<b>Biotin</b>	30 mcg
<b>Pantothenic Acid</b> (as Calcium Pantothenate)	10 mg
<b>Calcium</b> (as Dicalcium Malate, Calcium Carbonate and Ascorbate)	300 mg
<b>Iron</b> (as Ferrous Bisglycinate)	6 mg
<b>Iodine</b> (as Potassium Iodide)	75 mcg
<b>Magnesium</b> (as Dimagnesium Malate, Magnesium Carbonate and Ascorbate)	150 mg
<b>Zinc</b> (as Zinc Bisglycinate Chelate)	15 mg
<b>Selenium</b> (as Selenium Glycinate and Selenomethionine)	70 mcg
<b>Copper</b> (as Copper Bisglycinate)	0.5 mg
<b>Manganese</b> (as Manganese Bisglycinate Chelate)	500 mcg
<b>Chromium</b> (as Chromium Nicotinate Glycinate Chelate)	50 mcg
<b>Polyphenol Blend: 160 mg</b> Grape Seed Extract, Quercetin (from <i>Sophorae japonica</i> Bud), Rutin, Pomegranate Fruit Extract, Citrus Fruit Polyphenol Extract, Resveratrol (from <i>Polygonum cuspidatum</i> Root), Pterostilbene (from Indian Kino Tree Wood Extract)	
<b>Whole Foods Blend: 70 mg</b> Kale Leaf Extract, Dandelion Leaf Powder, Parsley Leaf Powder, Spinach Leaf Powder, Broccoli Aerial Parts Powder, Cabbage Leaf Extract, Brussels Sprout Immature Inflorescences Powder	
<b>Tummy Tamer Extract Blend: 30 mg</b> Ginger Root Extract, Peppermint Leaf Extract, Caraway Seed Extract	

**Other Ingredients:** Vegetable Hypromellose, Microcrystalline Cellulose, Vegetable Fatty Acid, Silica

**MICROPLEX MVP™  
FOOD NUTRIENT COMPLEX**  
120 VEGETABLE CAPSULES

Part number: 60202666

Wholesale: \$385.00

Retail: \$643.00

PV: 49