

Directions for use: Adults, take 4 capsules per day with food. (Made with HPMC vegetable capsules.) Note: Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Store in a cool, dry place.

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.

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

Supplement Facts		
Serving Size Four (4) Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories 5		
Vitamin A (as Retinyl Palmitate and 86% as β -Carotene)	2080 mcg	231%
Vitamin C (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin E (as α -alpha Tocopherol Natural Mixed Tocopherols and Tocotrienols)	34 mg	227%
Vitamin K (as Phytonadione from Glycoprotein Matrix)	20 mcg	17%
Thiamin (as Thiamin HCl from Glycoprotein Matrix)	3 mg	250%
Riboflavin (from Glycoprotein Matrix)	3 mg	231%
Niacin (as Niacinamide from Glycoprotein Matrix)	20 mg NE	125%
Vitamin B ₆ (as Pyridoxine HCl from Glycoprotein Matrix)	3 mg	178%
Folate (from Calcium L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B ₁₂ (as Cyanocobalamin from Glycoprotein Matrix)	10 mcg	417%
Biotin (from Glycoprotein Matrix)	30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate from Glycoprotein Matrix)	10 mg	200%
Calcium (from Natural Coral, Dicalcium Malate and Calcium Ascorbate)	500 mg	38%
Iron (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
Iodine (from Potassium Iodide)	25 mcg	17%
Magnesium (as Magnesium Malate and Magnesium Ascorbate)	150 mg	36%
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%
Proprietary Whole-Food Blend: 71 mg **		
Kale (Brassica oleracea acephala) Leaf Powder, Dandelion (Taraxacum officinale) Leaf Powder, Parsley (Petroselinum crispum) Leaf Powder, Broccoli (Brassica oleracea italica) Aerial Parts Powder, Brussels Sprouts (Brassica oleracea gemmifera) Immature Inflorescences Powder, Spinach (Spinacia oleracea) Leaf Powder, Cabbage (Brassica oleracea capitata) Leaf Powder		
Active Enzyme Blend: 10 mg **		
Protease, Lactase, Lipase, Amylase, α -Galactosidase, Diastase, Glucoamylase, Pepsidase		
dōTERRA Tum my Tamer Blend: 30 mg **		
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		
** Daily Value not established.		

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

Contains Soy and Wheat



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dōTERRA®

MICRO
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VMZ®

FOOD NUTRIENT
COMPLEX

dietary supplement

120 } VEGGIE CAPS, 30-DAY SUPPLY