



## CATALYST™ MULTIVITAMIN (SKU 56201) PRODUCT TRAINING SHEET



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### PRODUCT BASICS

**PRODUCT DESCRIPTION:** Catalyst Multivitamin is a comprehensive blend of both natural nutrients and scientifically supported ingredients.\* This formula has been specifically designed to combine the best of the original Catalyst and PhytoMatrix® products, while adding scientifically backed ashwagandha, to support mood and feelings of wellbeing\*

#### BENEFITS:

- Can help to maintain healthy immune system function.\*
- Supports cardiovascular health.\*
- Provide antioxidant (vitamins A, C and E) support.\*
- Provide fat loss support.\*‡
- Supports the liver, kidneys and nervous system.\*
- Maintain healthy energy levels.\*
- Supports mood.\*
- Helps to maintain healthy blood pressure and blood sugar levels.\*
- Helps to maintain healthy skin, eyes, gums and joints.\*

#### FEATURES:

- Free from soy, dairy, preservatives, artificial colors
- Contains naturally-sourced ingredients
- Suitable for vegans
- Naturally gluten-free
- Kosher

## WHAT MAKES THIS PRODUCT SPECIAL?

### WHO IS IT FOR?

- Primary: Adults looking for a multivitamin that is natural, yet effective and designed for maximum benefits and physical absorption.\*
- Secondary: A completely new segment of customers that currently purchase premium products through retail.

### WHAT MAKES IT UNIQUE?

With 30 vitamins, minerals and nutrients chosen for maximum nutritional benefits and easy physical absorption.\* Mannatech takes it one step further by including the powerful herbal, Ashwagandha, to provide you with the mood, energy and sleep support.\*

19 of these nutrients providing 100% or more of DV

- Provides 100% of the DV of vitamin D, iodine
- Provides more than 100% of the DV of vitamin A, vitamin C, vitamin E, thiamin, riboflavin, niacin, vitamin B6, Folate, vitamin B12, biotin, pantothenic acid, iodine, magnesium, zinc, selenium, copper, molybdenum and chromium

Unlike other multivitamins, Catalyst contains the clinically studied support of Sensoril® ashwagandha.

- Patented strain of ashwagandha supported by 11 scientific studies
- A well-known as an adaptogen (natural substances that help the body to adapt to stress and exert a normalizing effect upon bodily processes) with restorative properties.\*
- Supports a balanced body and mind.\*
- One of the most powerful herbs in Ayurvedic healing.\*
- May help support your body against stress, fatigue, lack of energy and impaired concentration.\*

### TOP FAQ:

#### 1. How is the Catalyst Multivitamin superior to PhytoMatrix?

Reformulated to be more effective than ever, the Catalyst Multivitamin offers additional benefits that PhytoMatrix does not.\* This includes fat-loss support<sup>†</sup>, help to support your body's response to stress, and support for healthy blood pressure levels and healthy liver function.\* Catalyst Multivitamin also contains nutrients such as Inositol, Choline, CoQ10 and Alpha Lipoic Acid (ALA) that PhytoMatrix does not offer.

#### 2. Why are the ingredients in Catalyst Multivitamin sourced from other natural sources besides just plants?

Science marches on, and we know that the mineral yield in many plant-based ingredients is just too low. We have to source minerals from additional elements. Consider that if you were attempting to achieve the same nutrition levels found in Catalyst Multivitamin tablets, using only plant material, that multivitamin would cost at least \$150 per bottle and you would have to take 20 tablets a day!

#### 3. What exactly is a mineral?

Minerals are natural elements, like vitamins, that are considered essential nutrients. They act together in the human body, performing hundreds of vital roles to maintain necessary healthy functions.\* Minerals are essential, but because our bodies can't make them, we have to ingest them in order to maintain normal, healthy processes.\*

#### **4. What are natural mineral chelates?**

Today, advanced science allows naturally occurring minerals to be bound to natural amino acids. This binding process, known as chelation combines minerals with organic compounds that improve stability and the bioavailability of nutrients. Chelation allows for efficient transport of minerals across the intestinal wall in order to be utilized throughout the body.\*

#### **5. Why are natural mineral chelates beneficial?**

Chelate comes from the Greek word for “claw,” which refers to how organic compounds are attached to inorganic compounds to improve nutrient uptake by the body.\* In their natural inorganic form, many minerals are poorly absorbed by the body. The body undergoes natural chelation during the digestive process, but it can be inefficient from person to person. But chelated minerals work with the digestive process to greatly improve nutrient uptake and utilization by the body.\* This means that more of the nutrients you need are properly absorbed by your body.\*

#### **6. Are the minerals in Catalyst Multivitamin sourced from plants?**

Catalyst was specifically formulated using chelated minerals (see above) because the chelation process allows the minerals to be more easily absorbed by the body.\* The elemental minerals in Catalyst Multivitamin are naturally occurring and have the benefit of providing a much higher nutrient level per serving than is possible from plant-based minerals alone.\*

#### **DIRECTIONS:**

Take two tablets twice per day (morning and afternoon) with 8 oz of water or other liquid.

<sup>†</sup>When taken in conjunction with a reduced calorie diet and exercise.

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

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SENSORIL® ashwagandha extract is protected under U.S. Patent No. 7,318,938 and is registered trademark of Natreon, Inc.

# Supplement Facts

Serving Size: 2 tablets | Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and mixed carotenes)	750 mcg RAE	80%
Vitamin C (as ascorbic acid and acerola fruit extract)	200 mg	220%
Vitamin D (as ergocalciferol)	10 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate with mixed tocopherols and tocotrienols)	20 mg	130%
Thiamin (as thiamin mononitrate and from baker's yeast)	3 mg	250%
Riboflavin (as riboflavin and from baker's yeast)	3.4 mg	260%
Niacin (as niacinamide and from baker's yeast)	10 mg NE	60%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate and from baker's yeast)	4 mg	240%
Folate (as calcium L-5 methyltetrahydrofolate and from baker's yeast) (equivalent to 333 mcg Folic acid)	555 mcg DFE	140%
Vitamin B <sub>12</sub> (as cyanocobalamin and from baker's yeast)	12 mcg	500%
Biotin (as biotin from baker's yeast)	150 mcg	500%
Pantothenic Acid (as calcium D-pantothenate and from baker's yeast)	20 mg	400%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as calcium citrate-malate)	25 mg	2%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium oxide, magnesium bisglycinate)	335 mg	80%
Zinc (as zinc bisglycinate chelate)	7.5 mg	70%
Selenium (as L-selenomethionine)	100 mcg	180%
Copper (as copper glycinate)	1 mg	110%
Manganese (as manganese glycinate)	1 mg	45%
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	570%
Molybdenum (as molybdenum glycinate chelate)	37.5 mcg	80%
Sodium	5 mg	<1%
Boron (as boron glycine)	1 mg	†
Vanadium (as vanadium amino acid chelate)	100 mcg	†
Ashwagandha** root and leaf extract ( <i>Withania somnifera</i> )	62.5 mg	†
Inositol	12.5 mg	†
Alpha-Lipoic Acid	7.5 mg	†
Spirulina	100 mg	†
Coenzyme Q10	6 mg	†

† Daily Value not established.