



OPTIMAL SUPPORT PACKETS (SKU 54601) PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: Worry-free supplementation with Optimal Support Packets (OSP) just got healthier with the addition of Catalyst™ Multivitamin! OSP takes the guess work out of what to take and when to take it with our pre-packaged packets of the three core products shown below. OSP provides a daily serving of nutrients for optimal health and longevity.* Now with the addition of Catalyst Multivitamin, OSP contains 100% or more of the DV for 19 essential nutrients. They support bone, prostate, colon, breast, adrenal, endocrine and immune system health at home or on-the-go!*

Catalyst Multivitamin is a comprehensive blend of both natural nutrients and scientifically supported ingredients. 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 mood, energy and sleep support.*

Catalyst Multivitamin contains 19 of 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 Multivitamin contains the scientifically studied support of Sensoril® ashwagandha. Why did we choose Sensoril ashwagandha?

- It's a patented strain of ashwagandha supported by 11 scientific studies.
- It's 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.*
- It supports a balanced body and mind.*
- It's one of the most powerful herbs in Ayurvedic practices.*
- It may help support your body against stress, fatigue, lack of energy and impaired concentration.*

PLUS™ helps support foundational adrenal function to help your body's natural recovery processes from things like "Adrenal Fatigue."* If you feel tired and worn out despite a good night's sleep or experience signs of feeling gray or a lack of energy along with a craving for salty foods, you may benefit from added adrenal support.*

Ambrotose AO® capsules are loaded with naturally-sourced vitamin C and E to maintain healthy cells, support immune health, and help the body guard against oxidative stress so you can keep living well.* Antioxidants, found in vitamin C and E, support the body's ability to fight oxidation and may protect the body from the effects of free radicals.*

BENEFITS:**Catalyst Multivitamin (2):**

- Contains 100% or more of the DV for 19 essential nutrients.
- Can help to maintain healthy immune system function.*
- Supports cardiovascular health.*
- Provides antioxidant (vitamins A, C and E) support.*
- Provides fat-loss support.*
- Maintains healthy energy levels.*
- Supports mood.*
- Supports liver, kidneys and nervous system.*
- Helps to maintain healthy blood pressure and blood sugar levels.*
- Helps to maintain healthy skin, eyes, gums and joints.*

PLUS (2):

- Supports breast, prostate, bone and colon health.*
- Supports the health of the immune, nervous and cardiovascular systems.*
- Is formulated to keep your endocrine system healthy.*

Ambrotose AO (1):

- Helps the body guard against oxidative stress with antioxidant-rich nutrients.*
- Protects your cells with water- and fat-soluble antioxidants to maximize benefits.*
- Offers additional immune support.*
- Provides effective defense against free radicals.*
- Is an excellent source of vitamins C and E.
- Provides nutritional support for general wellbeing.*

FEATURES:

- Gluten-free
- Dairy, preservative, artificial color free
- Contains naturally-sourced ingredients
- Suitable for vegans
- Kosher

Why choose OSP over the individual bottled products?

1. These packets allow for reduced exposure to environmental contaminants.
2. Packets allow for less possibility of dropping/fumbling with many capsules and losing track of them.
3. Some people have challenges opening containers and this provides a very easy way to grasp and open with minimal challenges.
4. In a recently conducted survey with Mannatech Associates:
 - a. 85% agree that they value the optimum supplement combination and usage has already been determined with OSP.
 - b. 91% agree that they value OSP for the convenience of the on-the-go packets.

WHAT MAKES THIS PRODUCT SPECIAL?

POINT OF CONVENIENCE:

With OSP there is no need to keep bottles of supplements or lose capsules in your bag. OSP offers the convenience to simply toss a packet (or 10) in your purse, suitcase or pocket to consume with any meal wherever you are.

With OSP you will not have to read labels to remember how many to take of which supplement. Nor will you have to fill pill boxes to keep these supplements organized, the organization is done for you.

WHO IS IT FOR?

- Primary: Adults looking for a multivitamin that is natural yet effective and designed for maximum benefits and physical absorption.*
- Secondary: Anyone who is active in their daily lives, travels or eats away from home and would like a convenient way to stay healthy. It is also great for those who struggle with which supplements to take daily, as well as remembering which to take and when. OSP takes the guess work out of daily nutrients.

WHAT MAKES IT UNIQUE?

- Optimal Support Packets combine three of our top foundational nutrition supplements in one convenient packet.
- This combination works together to provide a strong foundational health support to help support your health against environmental toxins, support healthy system function throughout the body, and provide 100% or more DV of 19 essential nutrients.*

TOP FAQ:

1. How is Catalyst Multivitamin superior to PhytoMatrix®?

Reformulated to be more effective than ever, Catalyst Multivitamin offers additional benefits that PhytoMatrix does not.* This includes fat-loss support[†], helps 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. What is ashwagandha (Sensoril) and why has it been added to Catalyst Multivitamin?

Sensoril is a patented strain of ashwagandha supported by 11 scientific studies designed to enhance adaptogen health benefits. Mannatech has added ashwagandha to the Catalyst Multivitamin formula to support a balanced body and mind.* One of the most powerful herbs in Ayurvedic practices, ashwagandha has been used widely since ancient times and is most 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. The use of ashwagandha may help alleviate stress, fatigue, lack of energy and impaired concentration.* It is frequently referred to as "Indian Ginseng" because of its rejuvenating properties.

3. 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!

4. 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.

5. 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.

6. 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.

7. Are the minerals in Catalyst Multivitamin sourced from plants?

Catalyst Multivitamin 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.

8. Why does Mannatech use Albion® chelated minerals in their Catalyst Multivitamin?

Albion is a global innovator in mineral amino acid chelate nutrition and has 100+ patents in the field of mineral nutrition. Since 1956, Albion has been studying bioavailable nutritional mineral forms to understand their function and prove their effectiveness through scientific studies.

Albion chelated minerals are:

- Hypoallergenic
- Vegetarian friendly
- Nutritionally functional
- Of ultimate glycine: mineral molar ratio
- BSE-free
- Pharmaceutically pure
- Chemically validated (FTIR finger printed)
- Scientifically researched
- CAS registered molecular form identification

9. What are Glyconutrients?

Simply put, they are specialized ingredients derived from plants and Aloe that provide targeted nourishment for your cells. There are trillions of cells in your body that talk to each other, but environmental toxins, age and bad eating habits can affect cell-to-cell communication. This can affect your overall wellness, which is why Mannatech, the innovator and pioneer of Glyconutrients, continues to cultivate this incredible technology so your body can do amazing things.*

10. Why are antioxidants important?

Antioxidant-rich nutrients help protect your cells against the harmful effects of toxins, environmental stress, poor diet and oxidative stress. Antioxidants also act as free radical scavengers.*

11. What are free radicals?

Free radicals are reactive molecules that can affect the health of your cells. Toxins such as pollution, stress and even a poor diet can contribute to the creation of free radicals, which can lead to an acceleration of the aging process. However, antioxidants reduce free radicals by contributing electrons to help maintain molecular stability.*

12. Can men and women use PLUS caplets?

Yes, men and women can use PLUS caplets. Our PLUS caplets contain healthful amino acids that both women's and men's endocrine systems can use.

13. What is the endocrine system and why is it important?

The endocrine system is the system that maintains hormonal balance in the body. A well-functioning endocrine system helps support the body's natural recovery from physical and emotional stress and works in harmony with the body's immune system.*

14. Can children take OSP?

OSP is intended for adult use only, unless instructed by a person's qualified healthcare provider.

DIRECTIONS: Take one packet with 8 fl. oz. of water or juice two times daily with meals.

*Glyconutrients are beneficial saccharides found in nature.

*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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Albion® is a registered trademark of Albion Laboratories, Inc.

OSP Optimal Support Packets

Supplement Facts		
Serving Size: 1 packet (approximately 6 g) Servings Per Container: 60		
Amount Per Serving	% Daily Value	
Calories	20	
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	4%**
Protein	2 g	4%**
Vitamin A (as beta carotene and mixed carotenes)	750 mcg RAE	80%
Vitamin C (as ascorbic acid and acerola fruit extract)	225 mg	250%
Vitamin D (as ergocalciferol)	10 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate with mixed tocopherols and tocotrienols)	32 mg	210%
Thiamin (as thiamine 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 ₆ (as pyridoxal-5-phosphate and from baker's yeast)	4 mg	240%
Folate (as calcium L-5 methyltetrahydrofolate and from baker's yeast)	555 mcg DFE (333 mcg Folic Acid)	140%
Vitamin B ₁₂ (as cyanocobalamin and 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 (from 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%
Ambrotose® Complex	356 mg	†
Gum Arabic, Xanthan Gum, Gum Tragacanth, Arabinogalactan (from <i>Larix</i> spp. wood) [‡] , Aloe vera extract (inner leaf gel powder) ^{***}		
Wild Yam Extract	400 mg	†
L-Glutamic Acid	400 mg	†
Glycine	400 mg	†
L-Lysine (as L-Lysine HCl)	400 mg	†
L-Arginine (as L-Arginine HCl)	190 mg	†
MTech AO Blend®	117 mg	†
Quercetin Dihydrate, Grape Skin Extract, Green Tea Extract (leaf), Australian Bush Plum (<i>Terminalia ferdinandiana</i>) (fruit)		
Beta-Sitosterol (from plant sterols)	50 mg	†
Ashwagandha [‡] root and leaf extract (<i>Withania somnifera</i>)	62.5 mg	†
Boron (from boron glycine)	3 mg	†
Vanadium (as vanadium amino acid chelate)	100 mcg	†
Inositol	12.5 mg	†
Alpha-Lipoic acid	7 g	†
Spirulina	100 mg	†
Coenzyme Q10	6 mg	†
Optimal Support Phyto-Blend	52 mg	†
Strawberry (fruit), raspberry (fruit), blueberry (fruit), carrot (root), broccoli (flower/stalk), tomato (fruit), kale <i>Brassica oleracea</i> (leaf), broccoli sprouts (leaf/stem), spinach (leaf), sour cherry (tart cherry) (fruit), elderberry <i>Sambucus</i> spp., (fruit), cranberry (fruit), cabbage (leaf), turnip (root), garlic (bulb), cauliflower (flower/stalk), onion (bulb), brussels sprouts <i>Brassica oleracea</i> (edible head), pineapple juice powder (fruit), papaya (fruit)		

***Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose, croscarmellose sodium, rice hull concentrate, silicon dioxide, calcium carbonate, peppermint flavor, citric acid, glycerin, medium chain triglycerides, xylitol, magnesium stearate.