

ESSENTIALS CATALYST™ MULTI (SKU 56202) PRODUCT TRAINING SHEET



PRODUCT BASICS

FULL PRODUCT DESCRIPTION: Essentials Catalyst™ Multi is a comprehensive blend of both natural nutrients and scientifically supported ingredients. The new Catalyst formula is formulated with 29 vitamins, minerals and nutrients with maximum nutritional benefits and easy physical absorption. Infused with glycans, it can do more for your health than the multivitamin you may be taking now. The new Essentials Catalyst™ Multi contains ashwagandha, to support the feelings of wellbeing and energy production.

BENEFITS:

- Provides antioxidants (vitamins A, C and E) support
- Reduces free radicals formed in the body
- Supports body metabolism/metabolic rate
- Supports energy production
- Supports eye health
- Supports healthy growth and development
- Supports general health and wellbeing
- Supports healthy body tissue
- Maintains bone strength
- Maintains gastrointestinal system health
- Supports healthy immune system function
- Maintains nervous system health



FEATURES:

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

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

WHAT MAKES THIS PRODUCT SPECIAL?

WHO IS IT FOR?

- Primary: 45+ adults, educated (primary associate target). For those who are looking for a multivitamin that is natural, yet effective and designed for maximum benefits and physical absorption.*

WHAT MAKES IT UNIQUE?

With 29 vitamins, minerals and nutrients chosen for maximum nutritional benefits and easy physical absorption.* Mannatech takes it one step further by including the powerful adaptogen, Ashwagandha, to provide you with the mood, energy and sleep support.

Essentials Catalyst™ Multi provides high levels of 19 essentials nutrients:

- Providing 20mcg of Vitamin D, Chromium.
- Provides more than 100% of the DV of, vitamin C, thiamine, riboflavin, niacin, vitamin B6, vitamin A, vitamin B12, biotin, pantothenic acid, iodine, magnesium, zinc, selenium, copper, and chromium

Unlike other multivitamins, Essentials Catalyst™ Multi 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:

How does the improved Essentials Catalyst™ Multi compare to the previous Catalyst formula?

This new Essentials Catalyst™ Multi provides a powerhouse formula of 29 vitamins, minerals and nutrients that your body needs to function at its best. Compared to the previous Catalyst, new Essentials Catalyst™ Multi not only contains more vitamin C and more folate per serving, but it also offers 19 of these key elements at significant amounts. And Sensoril® ashwagandha has been added to provide both feelings of wellbeing and energy support.*

Why was calcium carbonate (CaCO₃) chosen as the calcium source for the Essentials Catalyst™ Multi tablets?

Calcium carbonate is the most common form of calcium used in bone health supplements and multivitamins worldwide because it has the highest percentage of calcium by gram weight. Calcium carbonate is approximately 40% calcium, whereas the next most commonly used form of calcium called calcium citrate is only 21% calcium by gram weight.

How is calcium carbonate broken down in the digestive system?

When calcium carbonate comes in contact with stomach acid, the calcium ion is separated for absorption. This separated calcium ion combines with many different compounds to help perform many bodily functions. Examples of these compounds include magnesium, vitamin D and important short-chained fatty acids called butyrates. The more fermentation there is in the gut, the more butyrates are produced. The more butyrates that are produced, the more calcium is absorbed through the digestive tract!



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Why are the ingredients in Essentials Catalyst™ Multi tablets 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 Essentials Catalyst™ Multi tablets, using only plant material, it is estimated that you would have to take 20 tablets a day!

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.

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.

Are the minerals in Essentials Catalyst™ Multi 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 Essentials Catalyst™ Multi are naturally occurring and have the benefit of providing a much higher nutrient level per serving than is possible from plant-based minerals alone.



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ESSENTIALS CATALYST™ MULTI

Supplement Facts

Serving Size: 2 tablets

Serving Per Container: 60

	Amount Per Serving
Dunaliella salina cell standardised extract	
from min. fresh cell 1 2.5 mg	6.67mg
Thiamine nitrate	1.5 mg
Vitamin B1 (as thiamine)	1.18 mg
Vitamin B2 (as riboflavin)	1.7 mg
Nicotinamide	5 mg
Calcium pantothenate	10.9 mg
Vitamin B6 (as pantothenic acid)	9.9 mg
Pyridoxine hydrochloride	2 mg
Vitamin B6 (as pyridoxine)	9.9 mg
Biotin	75 mg
Inositol	12.5 mg
Folic acid	125 mg
Vitamin B12 (as cyanocobalamin)	6 mg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D3 (as colecalciferol)	5 mg
Mixed (low-alpha type) tocopherols conc	4.2 mg
Calcium (derived from calcium carbonate)	100 mg
Calcium (derived from calcium citrate hydrate)	5 mg
Magnesium (derived from heavy magnesium oxide)	143 mg
Magnesium (derived from magnesium aspartate dihydrate)	168 mg
Magnesium (derived from Magnesium citrate)	404 mg
Manganese (derived from manganese amino acids chelate)	500 mg
Zinc (derived from zinc citrate dihydrate)	3.75 mg
Copper	168 mg
Iodine (derived from potassium iodide)	25 mg
Chromium (derived from chromic chloride hexahydrate)	22 mg
Selenium (derived from selenomethionine)	5 mg
Choline bitartrate	30.39 mg
Alpha-lipoic acid	3.75 mg
Withania somnifera root dry extract from dry root 156 mg	15.6 mg
Malpighia glabra fruit extract from dry fruit 10 mg	2.5 mg
Aloe vera dry inner leaf juice from fresh inner leaf juice 500 mg	2.5 mg
Tragacanth	2.5 mg
Ghatti gum	5 mg



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