

# 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 12.5 mg, stf to carotenoids calculated as beta carotene 500 mcg. Equiv to 83 mcg REA of vitamin A	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 mcg
Inositol	12.5 mg
Folic acid	125 mcg
Vitamin B12 (as cyanocobalamin)	6 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D3 (as colecalciferol)	5 mcg
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 mcg
Manganese (derived from manganese amino acids chelate)	500 mcg
Zinc (derived from zinc citrate dihydrate)	3.75 mg
Copper	168 mcg
Iodine (derived from potassium iodide)	25 mcg
Chromium (derived from chromic chloride hexahydrate)	22 mcg
Selenium (derived from selenomethionine)	5 mcg
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

**Directions for use, warnings and storage:** Adults take two tablets twice a day. Use as directed.

Vitamins can only be of assistance if the dietary vitamin intake is inadequate. Do not take while on warfarin therapy without medical advice. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms of selenium from dietary supplements should not be exceeded. If pregnant or likely to become pregnant, consult a doctor or pharmacist before use.

Contains sulphites, soya bean products and phenylalanine. Store below 25 C. Do not use if seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed.

Product Number 56202AUNZSG.56202.22.001.