



## 1. What are the key benefits of taking OSP?

Worry-free supplementation with Optimal Support Packets (OSP) just got healthier! OSP takes the guess work out of what to take and when to take it with our prepackaged packets of the three core products shown below. OSP provides a daily serving of nutrients for optimal health and longevity.\* They support bone, prostate, colon, breast, adrenal, endocrine and immune system health at home or you are on the go!\*

### Catalyst™ Multivitamin (2)

- Contains 100% or more of the DV for 19 essential nutrients.
- Can help to maintain healthy immune system function.\*
- Supports cardiovascular, liver, kidneys and nervous system.\*
- Helps to maintain healthy blood pressure and blood sugar levels.\*

### 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.\*
- Offers additional immune support.\*
- Provides effective defense against free radicals.\*

## 2. What makes Catalyst Multivitamin 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 scientifically 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 practices.\*
- May help support your body against stress, fatigue, lack of energy and impaired concentration.\*

## 3. 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‡, 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.

‡When taken in conjunction with a reduced calorie diet and exercise.

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

#### **4. 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.

#### **5. Why was calcium carbonate (CaCO<sub>3</sub>) chosen as the calcium source for the Catalyst Multivitamin 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.

#### **6. 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!

#### **7. Why are the ingredients in Catalyst Multivitamin 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 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!

#### **8. 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.

#### **9. 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.

#### **10. 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.

#### **11. 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.

## 12. 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

## 13. 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.\*

## 14. 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.\*

## 15. 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.\*

## 16. 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.

## 17. 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.\*

## 18. Who is OSP ideal for?

- Primary: 45+ adults, educated. For those who are 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 when. OSP takes the guess work out of daily nutrients.

## 19. Can children take OSP?

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

## 20. What are some of the features of the OSP offers?

Our packets contain formulas free of dairy, gluten, artificial colors, and preservatives. It contains naturally sourced ingredients that are kosher and is vegetarian and vegan friendly.

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