

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

PhytoMatrix caplets are created with naturally-sourced vitamins and minerals that support the heart, immune system and more, to help keep you healthy and energized.\*

- Provides a natural vitamin/mineral complex for maximum absorption and digestion.\*
- Supports heart health.\*
- Offers antioxidant and immune system support.\*
- Supports the production of energy with B vitamins.\*
- Supports for eye, bone, joint and skin health.\*
- Helps maintain healthy blood sugar levels that already fall within the normal range.\*

### 2. How much PhytoMatrix can I take a day?

Take 2 caplets two times daily with meals for optimal vitamin, mineral and phytonutrient support.\*

### 3. 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.\*

### 4. What is oxidative stress?

“Oxidative stress is an imbalance between free radicals and antioxidants in your body. Free radicals are oxygen-containing molecules with an uneven number of electrons. The uneven number allows them to easily react with other molecules. Free radicals can cause large chain chemical reactions, oxidation, in your body because they react so easily with other molecules.”<sup>1</sup>

### 5. Why is it so important for your immune system to be strong and healthy?

Your immune system is your body’s natural defense mechanism. You want your immune system to be strong enough to defend your body and keep it strong and healthy.\*

### 6. What can cause free radicals within the body?

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.\*

### 7. Why was chromium used in PhytoMatrix?

Chromium is an essential trace element that plays an important role in normal blood sugar regulation.\*

### 8. How do PhytoMatrix caplets differ from Catalyst™ Multivitamin tablets?

Catalyst is a multivitamin formulated with natural vitamins and chelated minerals to support health maintenance and provide metabolic support.\* PhytoMatrix on the other hand offers a multivitamin to support health maintenance from natural ingredients sourced exclusively from plants.\*

<sup>1</sup><https://www.healthline.com/health/oxidative-stress>

### **9. Why do some of the labeled nutrients in PhytoMatrix supplement appear to offer less Daily Value (DV) percentage than what is listed for Catalyst Multivitamin?**

The DV percentage will vary as Catalyst is formulated to provide additional metabolic support.\*

### **10. How do PhytoMatrix caplets compare with Phyt•Aloe® capsules?**

Our PhytoMatrix caplets are a food-sourced multivitamin/mineral/phytonutrient product containing natural ingredients. They are designed to provide essential vitamins, minerals and standardized amounts of phytonutrients. Our Phyt•Aloe capsules are composed of high-quality fruit and vegetable powders, but they are not standardized. Our Phyt•Aloe bulk capsules are formulated to supplement fruit and vegetable intake, but do not provide the same vitamin, mineral and phytonutrient content as PhytoMatrix caplets.

Taking both PhytoMatrix caplets and Phyt•Aloe capsules together may increase the benefit to your health, but one product does not replace the other.\*

### **11. What are some of the features PhytoMatrix offers?**

Our formula contains no synthetic vitamins, is free from gluten, dairy, artificial colors and preservatives. It is kosher, vegan friendly and contains naturally sourced ingredients.

### **12. Who is PhytoMatrix ideal for?**

Individuals looking to supplement their diet with plant-based nutrients.

\*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.