MANNATECH

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PATIENT INFORMATION LEAFLET CATALYST™

SCHEDULING STATUS

S0

CATALYST™ tablets
Multiple ingredient formulation.
Sugar free.

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.

CATALYST™ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use CATALYST™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CATALYST™ with any other person.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

1. What CATALYST™ is and what it is used for.
2. What you need to know before you take CATALYST™.
3. How to take CATALYST™.
4. Possible side effects.
5. How to store CATALYST™.
6. Contents of the pack and other information.

1. What CATALYST™ is and what it is used for

CATALYST™ is a combination complementary medicine intended to supplement the diet with vitamins, minerals, trace minerals, antioxidants and herbal extracts to assist and support general well-being.

2. What you need to know before you take CATALYST™

Do not take CATALYST™:

- If you are hypersensitive (allergic) to any of the ingredients of CATALYST™ (listed in section 6).
- If you have abnormal constrictions of your digestive tract, or a lazy or blocked large colon (causing chronic constipation).

- If you have appendicitis (inflammation of your appendix).
- If you have an inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis).
- If you have abdominal pain with an unknown cause.
- If you have undiagnosed rectal bleeding.
- If you are severely dehydrated.
- If you have haemorrhoids (piles).
- If you have ulcers/sores in your digestive tract (with symptoms such as stomach pain, weight loss, nausea or vomiting and acid reflux).
- If you have diarrhoea.
- If you are pregnant or breastfeeding (see **Pregnancy, breastfeeding and fertility**).

Warnings and precautions
Take special care with CATALYST™:
- If you are having any surgical procedure done. You should stop taking CATALYST™ at least two weeks before an operation.
- If you have hardened stool that is stuck in your rectum.
- If you have symptoms such as stomach pain, nausea (feeling sick), vomiting (being sick) or fever.
- If you have a kidney disorder.
- If you have diabetes mellitus (high blood sugar) and you are taking medicines to control your blood sugar levels.
- You should stop taking CATALYST™ and consult a health care provider if you experience symptoms of low blood sugar such as sweating, paleness, chills, headache, dizziness and/or confusion.
- If you experience abdominal pain, cramps, spasms and/or diarrhoea after taking CATALYST™, you should stop taking CATALYST™ or reduce your dose.

Other medicines and CATALYST™
Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor or pharmacist if you are currently taking:
- Anticoagulant/antiplatelet medicines (used to thin your blood), or herbal supplements with blood thinning effects.
- Antidiabetic medicines (used to treat high blood sugar levels), or herbal supplements which can influence blood sugar levels.
- Antibiotics (used to treat a bacterial infection). Take antibiotics at least 2 hours before, or 4 to 6 hours after taking CATALYST™.
- Cardiac glycosides (used to treat heart failure and a fast heartbeat).
- Antidysrhythmic medicines (used to prevent and treat abnormal heartbeat).
- Antihypertensive medicines (used to treat high blood pressure).
- Diuretics (used to increase the amount of water and salt expelled from your body as urine).
- Corticosteroids (used to treat inflammation).

- Liquorice root supplements (used to assist with digestive problems).
- Any other medicines or health products that may worsen electrolyte imbalance.
- Levothyroxine (used to treat an underactive thyroid). Take levothyroxine and CATALYST™ at least 4 hours apart.

Pregnancy, breastfeeding and fertility
If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking CATALYST™.
Do not take CATALYST™ if you are pregnant or breastfeeding (see **Do not take CATALYST™**).

Driving and using machines
CATALYST™ may cause side effects, such as dizziness, and can affect your ability to drive a vehicle and use machines. Do not drive or operate machinery until you know how CATALYST™ affects you.

3. How to take CATALYST™

Do not share medicines with any other person.
Always take CATALYST™ exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults:
- The usual dose is two tablets twice daily (in the morning and afternoon) with 250 mL of water or juice.
- Do not exceed the recommended dosage.

If you take more CATALYST™ than you should
In the event of an overdosage, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.
Take this leaflet and the remaining CATALYST™ tablets with you so the doctor will know what you have taken.

If you forget to take CATALYST™
Take your next dose at the normal time.
Do not take a double dose to make up for individual forgotten doses.

4. Possible side effects

CATALYST™ can have side effects.
Not all side effects reported for CATALYST™ are included in this leaflet.
Should your general health worsen or if you experience any untoward effects while taking CATALYST™, please consult your health care provider for advice.

If any of the following happens, stop taking CATALYST™ and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to CATALYST™. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
The following side effects may occur, but the frequency is not known:
- loss of appetite;
- difficulty falling or staying asleep (insomnia);
- dizziness, extreme lack of energy/motivation, sleepiness, headache;
- reddening of your neck, upper chest, or face (flushing);
- stomach pain or cramps, upset stomach, bloating, flatulence (excess amount of air/gas in the stomach), burping, heartburn, nausea (feeling sick), vomiting (being sick), diarrhoea, constipation;

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects
If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.
By reporting side effects, you can help provide more information on the safety of CATALYST™.

5. How to store CATALYST™
- Store at or below 25 °C, in a dry place.
- Keep the bottle tightly closed.
- Do not use if inner seal is missing or broken.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information
What CATALYST™ contains
Each tablet contains:

Calcium carbonate	700 mg
providing calcium (elemental)	249 mg
Magnesium oxide	100 mg
providing magnesium (elemental)	58 mg
Ascorbic acid (vitamin C)	90 mg
Arthrospira platensis Gomont (Spirulina) powder	50 mg

Magnesium amino acid chelate	5 mg
providing magnesium (elemental)	0,7 mg
glycine	0,75 mg
Zinc glycinate	18,8 mg
providing zinc (elemental)	3,75 mg
glycine	2,4 mg
D-calcium pantothenate	13 mg
providing pantothenic acid (vitamin B_5)	10 mg
Boron amino acid chelate	10 mg
providing boron (elemental)	0,5 mg
glycine	0,15 mg
Vitamin E (as d-alpha-tocopheryl succinate, mixed tocopherols and tocotrienols)	14,8 IU (10,1 mg)
Lecithin (from *Helianthus annuus* L. (Sunflower) [seed])	33,8 mg
Phytonutrient complex 2	12,5 mg
providing *Citrus x aurantium* L. (Orange [peel powder]	2,5 mg
Glycine max L. (Soy protein isolate)	2,5 mg
Ambroglycin®	46,1 mg
providing *Pisum sativum* L. (Green pea) fibre [dried field pea hulls]	(9,7 mg)
Spinacia oleracea L. (Spinach) [leaf powder]	(25,7 mg)
Zingiber officinale Roscoe (Ginger) [root powder]	(9,7 mg)
Inositol	6,25 mg
Calcium citrate malate glycinate	5 mg
providing calcium (elemental)	1 mg
glycine	0,65 mg
Copper bisglycinate	2 mg
providing copper (elemental)	0,54 mg
glycine	0,71 mg
Niacinamide (vitamin B_3)	5 mg
Alpha Lipoic Acid	3,75 mg
Manganese glycinate	3,2 mg
providing manganese (elemental)	0,5 mg
glycine	0,826 mg
Coenzyme Q_{10} (Ubidecarenone)	3 mg
Pyridoxine hydrochloride	2,25 mg
providing pyridoxine (vitamin B_6)	1,5 mg
Malpighia glabra L. (Acerola) [fruit, 4:1 extract providing 10 mg of dried herb equivalent]	2,5 mg
Oryza sativa L. (Rice bran) powder	2,5 mg
Rosa canina L. (Rose hip) powder	2,5 mg
Thiamine mononitrate	2 mg
providing thiamine (vitamin B_1)	1,5 mg
Riboflavin (vitamin B_2 from *Ashbya gossypii* yeast)	1,7 mg
Pyridoxal-5-phosphate monohydrate	0,4 mg

providing pyridoxine (vitamin B_6)	0,23 mg
Ambrotose® Complex	1 mg
providing *Acacia senegal* (L.) Britton (Acacia gum) [exudate]	0,73 mg
Larix laricina (Du Roi) K. Koch (Larch Arabinogalactan)	0,2 mg
Astragalus gummifer Labill. (Tragacanth)	50 µg
Manapol® *Aloe vera* (L.) Burm.f. (Aloe) [inner leaf gel, 415:1 extract, providing 8,3 mg fresh herb equivalent]	20 µg
Selenium L-methionine	10 000 µg
providing selenium (elemental)	50 µg
L-methionine	7,6 mg
Vanadium amino acid chelate	2 200 µg
providing vanadium (elemental)	40 µg
glycine	1,7 mg
Chromium nicotinate glycinate	1 980 µg
providing chromium (elemental)	50 µg
glycine	0,13 µg
Potassium iodide	50 µg
providing iodine (elemental)	37,5 µg
Molybdenum amino acid chelate	9 400 µg
providing molybdenum (elemental)	18,75 µg
glycine	0,2 mg
Beta-carotene	0,92 mg
providing vitamin A	75,80 µg (253 IU)
Folic acid	100 µg
Biotin	75 µg
Cyanocobalamin (vitamin B_{12})	6 µg
Cholecalciferol (vitamin D_3)	100 IU
Total glycine	7,39 mg

The other ingredients are croscarmellose sodium (E468), magnesium stearate (E572), microcrystalline cellulose (E460), pharmaceutical glaze (containing shellac), silicon dioxide (E551) and stearic acid (E570).

What CATALYST™ looks like and contents of the pack
Green, modified, oblong, clear film-coated tablet.
HDPE container with a ribbed polypropylene cap containing 120 tablets and a white cotton wad.

Holder of Certificate of Registration
LeBasi Pharmaceuticals (Pty) Ltd
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Registration number
To be allocated.

Access to corresponding Professional Information
https://library.mannatech.com/download/12232

PASIËNTINLIGTINGSBLAD CATALYST™

SKEDULERINGSTATUS

S0

CATALYST™ tablette
Formule met verskeie bestanddele.
Suikervry.

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.

CATALYST™ is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid in stand te hou. Jy moet CATALYST™ nietemin steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie CATALYST™ met enigiemand anders deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is CATALYST™ en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy CATALYST™ neem.
3. Hoe om CATALYST™ te neem.
4. Moontlike newe-effekte.
5. Hoe om CATALYST™ te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is CATALYST™ en waarvoor word dit gebruik

CATALYST™ is 'n kombinasie komplementêre medisyne wat bedoel is om die dieet aan te vul met vitamiene, minerale, spoorminerale, antioksidante en kruie-aanvullings om algemene welstand te ondersteun en by te staan.

2. Wat jy moet weet voordat jy CATALYST™ neem

Moenie CATALYST™ neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van CATALYST™ (gelys by afdeling 6).
- Indien jy abnormale vernouings van jou spysverteringskanaal, of 'n lui of verstopte dikderm het (wat chroniese hardlywigheid veroorsaak).

- Indien jy appendisitis (blindedermontsteking) het.
- Indien jy 'n inflammatoriese siekte van die kolon het (bv. Crohn se siekte of ulseratiewe kolitis).
- Indien jy maagpyn het waarvan die oorsaak onbekend is.
- Indien jy ongediagnoseerde rektale bloeding het.
- Indien jy erg gedehidreer is.
- Indien jy hemorroïede (aambeie) het.
- Indien jy sere in jou spysverteringskanaal het (met simptome soos maagpyn, gewigsverlies, naarheid of braking, en sooibrand).
- Indien jy diarree het.
- Indien jy swanger is of jou baba borsvoed (sien **Swangerskap, borsvoeding en vrugbaarheid**).

Waarskuwings en voorsorgmaatreëls
Wees versigtig met CATALYST™:

- Indien jy enige operasie moet ondergaan. Jy moet minstens twee weke voor chirurgie ophou om CATALYST™ te neem.
- Indien jy geharde ontlasting het wat in jou rektum vassit.
- Indien jy simptome soos maagpyn, naarheid, braking of koors het.
- Indien jy enige nierprobleme het.
- Indien jy diabetes mellitus (hoë bloedsuiker) het en jy medisyne gebruik om jou bloedsuikervlakke te beheer.
- Staak die gebruik van CATALYST™ en raadpleeg 'n gesondheidsorgverskaffer indien jy simptome van lae bloedsuiker, soos sweet, bleekheid, kouekoors, hoofpyn, duiseligheid en/of verwarring, ervaar.
- Indien jy maagpyn, -krampe, spasmas en/of diarree ervaar nadat jy CATALYST™ geneem het, moet jy ophou om CATALYST™ te neem of die dosis verlaag.

Ander medisyne en CATALYST™
Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:

- Antikoagulant/antiplaatjiemedisyne (word gebruik om jou bloed dun te hou) of kruie-aanvullings met bloedverdunnende effekte.
- Antidiabetiese medisyne (gebruik om hoë bloedsuikervlakke te behandel) of kruie-aanvullings wat jou bloedsuikervlakke kan beïnvloed.
- Antibiotika (gebruik om 'n bakteriële infeksie te behandel). Neem antibiotika minstens 2 ure voor, of 4 tot 6 ure nadat jy CATALYST™ geneem het.
- Kardiale glikosiede (gebruik om hartversaking en 'n vinnige hartritme te behandel).
- Antidisritmiese medisyne (gebruik om abnormale hartritme te voorkom en te behandel).
- Antihipertensiewe medisyne (gebruik om hoë bloeddruk te behandel).

- Diuretika (gebruik om die hoeveelheid water en sout wat deur jou liggaam uitgeskei word, te verhoog).
- Kortikosteroïede (gebruik om inflammasie te behandel).
- Soethoutwortel-aanvullings (gebruik om met spysverteringsprobleme te help).
- Enige ander medisyne of gesondheidsprodukte wat 'n wanbalans van elektroliete in jou liggaam kan vererger.
- Levotiroksien (gebruik om 'n onderaktiewe skildklier te behandel). Neem levotiroksien en CATALYST™ minstens 4 ure uitmekaar.

Swangerskap, borsvoeding en vrugbaarheid
Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy CATALYST™ neem.
Moenie CATALYST™ neem indien jy swanger is of jou baba borsvoed nie (sien **Moenie CATALYST™ neem nie**).

Bestuur en die gebruik van masjiene
CATALYST™ kan newe-effekte, soos duiseligheid, veroorsaak wat 'n invloed op jou vermoë om 'n voertuig te bestuur en masjiene te gebruik, kan hê. Moenie bestuur of masjinerie hanteer voordat jy weet hoe CATALYST™ jou affekteer nie.

3. Hoe om CATALYST™ te neem
Moenie jou medisyne met enigiemand anders deel nie.
Neem CATALYST™ altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes:
- Die gebruiklike dosis is twee tablette twee keer per dag (in die oggend en middag) met 250 mL water of sap.
- Moenie die aanbevole dosis oorskry nie.

Wat om te doen indien jy meer CATALYST™ geneem het as wat jy moet
In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.
Neem hierdie inligtingsblad en die oorblywende CATALYST™ tablette saam sodat die dokter kan sien wat jy geneem het.

Indien jy vergeet om CATALYST™ te neem
Neem jou volgende dosis op die gewone tyd.
Moenie 'n dubbele dosis neem om te vergoed vir die individuele dosisse wat oorgeslaan is nie.

4. Moontlike newe-effekte
CATALYST™ kan newe-effekte hê.
Nie alle newe-effekte wat vir CATALYST™ gerapporteer is, word in hierdie

inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy CATALYST™ neem, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, hou op om CATALYST™ te neem en sê dadelik vir jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op CATALYST™ gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:
Die volgende newe-effekte kan voorkom, maar die frekwensie is onbekend:

- verlies aan eetlus;
- sukkel om aan die slaap te raak/bly (slapeloosheid);
- duiseligheid, gebrek aan energie/motivering, slaperigheid, hoofpyn;
- rooi word van jou nek, boonste borsgedeelte of gesig (bloos);
- maagpyn of -krampe, omgekrapte maag, opgeblasenheid, winderigheid, winde opbreek, sooibrand, naarheid, braking, diarree, hardlywigheid;

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, lig asseblief jou dokter of apteker in.

Rapportering van newe-effekte
Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eRapportering-platform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is.
Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van CATALYST™ te verskaf.

5. Hoe om CATALYST™ te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die bottel dig toe.
- Moenie gebruik indien die binneste seël weg of beskadig is nie.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik ná die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat CATALYST™ bevat

Elke tablet bevat:	
Kalsiumkarbonaat	700 mg
verskaf kalsium (elementêr)	249 mg
Magnesiumoksied	100 mg
verskaf magnesium (elementêr)	58 mg
Askorbiensuur (vitamien C)	90 mg
Arthrospira platensis Gomont (Spirulina) poeier	50 mg
Magnesiumaminosuurchelaat	5 mg
verskaf magnesium (elementêr)	0,7 mg
glisien	0,75 mg
Sinkglisinaat	18,8 mg
verskaf sink (elementêr)	3,75 mg
glisien	2,4 mg
Kalsium-D-pantotenaat	13 mg
verskaf pantoteensuur (vitamien B_5)	10 mg
Booraminosuurchelaat	10,5 mg
verskaf boor (elementêr)	0,5 mg
glisien	0,15 mg
Vitamien E (as d-alfa-tokoferielsuksinaat, gemengde tokoferole en tokotrienols)	14,8 IE (10,1 mg)
Lesitien (van *Helianthus annuus* L. (Sonneblom) [saad])	33,8 mg
Fitovoedingskompleks 2	12,5 mg
verskaf *Citrus x aurantium* L. (Lemoen) [skilpoeier]	2,5 mg
Glycine max L. (Sojaproteïenisolaat)	2,5 mg
Ambroglycin®	46,1 mg
verskaf *Pisum sativum* L. (Groen-ertjie) vesel [gedroogde veld-ertjiedoppe]	(9,7 mg)
Spinacia oleracea L. (Spinasie) [blaarpoeier]	(25,7 mg)
Zingiber officinale Roscoe (Gemmer) [wortelpoeier]	(9,7 mg)
Inositol	6,25 mg
Kalsiumsitraat-malaat-glisinaat	5 mg
verskaf kalsium (elementêr)	1 mg
glisien	0,65 mg
Koperbisglisinaat	2 mg
verskaf koper (elementêr)	0,54 mg
glisien	0,71 mg
Niasienamied (vitamien B_3)	5 mg
Alfa-lipoïensuur	3,75 mg
Mangaanglisinaat	3,2 mg
verskaf mangaan (elementêr)	0,5 mg
glisien	0,826 mg
Koënsiem-Q_{10} (Ubidekarenoon)	3 mg

Piridoksienhidrochloried	2,25 mg
verskaf piridoksien (vitamien B_6)	1,5 mg
Malpighia glabra L. (Aserola)	2,5 mg
[vrug, 4:1 ekstrak wat 10 mg gedroogde kruie-ekwivalent lewer]	
Oryza sativa L. (Rysstysel) poeier	2,5 mg
Rosa canina L. (Roosbottel) poeier	2,5 mg
Tiamienmononitraat	2 mg
verskaf tiamien (vitamien B_1)	1,5 mg
Riboflavien (vitamien B_2 van *Ashbya gossypii* gis	1,7 mg
Piridoksal-5-fosfaatmonohidraat	0,4 mg
verskaf piridoksien (vitamien B_6)	0,23 mg
Ambrotose® Kompleks	1 mg
verskaf *Acacia senegal* (L.) Britton (Akasiagom) [eksudaat]	0,73 mg
Larix laricina (Du Roi) K. Koch (Lariks Arabinogalaktaan)	0,2 mg
Astragalus gummifer Labill. (Tragakant)	50 µg
Manapol® Aloe vera (L.) Burm.f. (Aalwyn) [binneste blaargel, 415:1 ekstrak, wat 8,3 mg vars kruie-ekwivalente verskaf]	20 µg
Selenium-L-metionien	10 000 µg
verskaf selenium (elementêr)	50 µg
L-metionien	7,6 mg
Vanadiumaminosuurchelaat	2 200 µg
verskaf vanadium (elementêr)	40 µg
glisien	1,7 mg
Chroomnikotinaat-glisinaat	1 980 µg
verskaf chroom (elementêr)	50 µg
glisien	0,13 µg
Kaliumjodied	50 µg
verskaf jodium (elementêr)	37,5 µg
Molibdeenaminosuurchelaat	9 400 µg
verskaf molibdeen (elementêr)	18,75 µg
glisien	0,2 mg
Beta-karoteen	0,92 mg
verskaf vitamien A	75,80 µg (253 IE)
Foliensuur	100 µg
Biotien	75 µg
Sianokobalamien (vitamien B_{12})	6 µg
Cholekalsiferol (vitamien D_3)	100 IE
Totale glisien	7,39 mg

Die ander bestanddele is kroskarmellose-natrium (E468), magnesiumstearaat (E572), mikrokristallyne sellulose (E460), farmaseutiese glasuursel (bevat skilferlak), silikondioksied (E551) en steariensuur (E570).

Hoe CATALYST™ lyk en inhoud van die verpakking
Groen, gemodifiseerde, langwerpige, deurskynende filmbedekte tablet. HDPE-houer met 'n geriffelde polipropileen-deksel wat 120 tablette en ‘n wit watte bevat.

Houer van die registrasiesertifikaat
LeBasi Pharmaceuticals (Edms.) Bpk.
San Domenico-gebou, Grondvloer, Eenheid 6
Kerkstraat 10
Durbanville 7551
Suid-Afrika
Tel: 087 551 3245

Hierdie inligtingsblad is laas hersien in
Oktober 2026

Registrasienommer
Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad
https://library.mannatech.com/download/12232

PROFESSIONAL INFORMATION FOR CATALYST™

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS
S0

1. NAME OF THE MEDICINE
CATALYST™ tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each tablet contains:

Calcium carbonate	700 mg
providing calcium (elemental)	249 mg
Magnesium oxide	100 mg
providing magnesium (elemental)	58 mg
Ascorbic acid (vitamin C)	90 mg
Arthrospira platensis Gomont (Spirulina) powder	50 mg
Magnesium amino acid chelate	5 mg
providing magnesium (elemental)	0,7 mg
glycine	0,75 mg
Zinc glycinate	18,8 mg
providing zinc (elemental)	3,75 mg
glycine	2,4 mg
D-calcium pantothenate	13 mg
providing pantothenic acid (vitamin B_5)	10 mg
Boron amino acid chelate	10 mg
providing boron (elemental)	0,5 mg
glycine	0,15 mg
Vitamin E (as d-alpha-tocopheryl succinate, mixed tocopherols and tocotrienols)	14,8 IU (10,1 mg)
Lecithin (from *Helianthus annuus* L. (Sunflower) [seed])	33,8 mg
Phytonutrient complex 2	12,5 mg
providing Citrus x aurantium L. (Orange) [peel powder]	2,5 mg
Glycine max L. (Soy protein isolate)	2,5 mg
Ambroglycin®	46,1 mg
providing *Pisum sativum* L. (Green pea) fibre [dried field pea hulls]	(9,7 mg)

Spinacia oleracea L. (Spinach) [leaf powder]	(25,7 mg)
Zingiber officinale Roscoe (Ginger) [root powder]	(9,7 mg)
Inositol	6,25 mg
Calcium citrate malate glycinate	5 mg
providing calcium (elemental)	1 mg
glycine	0,65 mg
Copper bisglycinate	2 mg
providing copper (elemental)	0,54 mg
glycine	0,71 mg
Niacinamide (vitamin B_3)	5 mg
Alpha Lipoic Acid	3,75 mg
Manganese glycinate	3,2 mg
providing manganese (elemental)	0,5 mg
glycine	0,826 mg
Coenzyme Q_{10} (Ubidecarenone)	3 mg
Pyridoxine hydrochloride	2,25 mg
providing pyridoxine (vitamin B_6)	1,5 mg
Malpighia glabra L. (Acerola) [fruit, 4:1 extract providing 10 mg of dried herb equivalent]	2,5 mg
Oryza sativa L. (Rice bran) powder	2,5 mg
Rosa canina L. (Rose hip) powder	2,5 mg
Thiamine mononitrate	2 mg
providing thiamine (vitamin B_1)	1,5 mg
Riboflavin (vitamin B_2 from *Ashbya gossypii* yeast)	1,7 mg
Pyridoxal-5-phosphate monohydrate	0,4 mg
providing pyridoxine (vitamin B_6)	0,23 mg
Ambrotose® Complex	1 mg
providing *Acacia senegal* (L.) Britton (Acacia gum) [exudate]	0,73 mg
Larix laricina (Du Roi) K. Koch (Larch Arabinogalactan)	0,2 mg
Astragalus gummifer Labill. (Tragacanth)	50 µg
Manapol® *Aloe vera* (L.) Burm.f. (Aloe) [inner leaf gel, 415:1 extract, providing 8,3 mg fresh herb equivalent]	20 µg
Selenium L-methionine	10 000 µg
providing selenium (elemental)	50 µg
L-methionine	7,6 mg
Vanadium amino acid chelate	2 200 µg
providing vanadium (elemental)	40 µg
glycine	1,7 mg
Chromium nicotinate glycinate	1 980 µg
providing chromium (elemental)	50 µg
glycine	0,13 µg

Potassium iodide	50 µg
providing iodine (elemental)	37,5 µg
Molybdenum amino acid chelate	9 400 µg
providing molybdenum (elemental)	18,75 µg
glycine	0,2 mg
Beta-carotene	0,92 mg
providing vitamin A	75,80 µg (253 IU)
Folic acid	100 µg
Biotin	75 µg
Cyanocobalamin (vitamin B_{12})	6 µg
Cholecalciferol (vitamin D_3)	100 IU
Total glycine	7,39 mg

Sugar free.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Tablets.
Green, modified, oblong, clear film-coated tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

CATALYST™ is a combination complementary medicine intended to supplement the diet with vitamins, minerals, trace minerals, antioxidants and herbal extracts to assist and support general well-being.

4.2 Posology and method of administration

Adults:
Take two tablets twice daily (in the morning and afternoon) with 250 mL of water or juice.
Do not exceed the recommended dosage.

Children:
Not suitable for children under the age of 18 years.

4.3 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 2 or 6.1.
- Abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, haemorrhoids, intestinal ulcerations or diarrhoea.
- Pregnancy or lactation (see section 4.6).

4.4 Special warnings and precautions for use

Surgery:
CATALYST™ may increase the risk of bleeding or interfere with blood glucose control if used perioperatively. Patients should be advised to discontinue CATALYST™ at least 2 weeks prior to any surgical procedures.

Gastrointestinal conditions:
Patients with faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever should consult a health care provider prior to use.
If abdominal pain, cramps, spasms and/or diarrhoea are experienced after taking CATALYST™, patients should stop taking CATALYST™ or reduce the dose.

Kidney disorders:
CATALYST™ may exacerbate kidney dysfunction in patients with existing kidney disease. Patients should consult a health care provider prior to use.

Diabetes mellitus:
CATALYST™ may affect blood glucose levels and dose adjustment of antidiabetic medicine might be necessary (see section 4.5). Patients should consult a health care provider prior to use.
Patients should discontinue use and consult a relevant health care provider if they experience symptoms of low blood sugar such as sweating, paleness, chills, headache, dizziness and/or confusion.

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant or antiplatelet medicines:
CATALYST™ may potentiate the effects of anticoagulant or antiplatelet medicines or herbal supplements with blood thinning effects. Concomitant use may increase the risk of bruising and bleeding.

Antidiabetic medicines:
Concomitant use of CATALYST™ with antidiabetic medicines or herbal supplements with hypoglycaemic potential may interfere with blood glucose control and caution is advised during concomitant use (see section 4.4).

Antibiotic medicines:
CATALYST™ may reduce the absorption of antibiotics. Doses should be separated by at least 2 hours prior, or 4 to 6 hours after taking CATALYST™.

Cardiac medicines:
Patients taking cardiac medicines (e.g. cardiac glycosides, antidysrhythmic medicines or antihypertensive medicines) should consult a health care provider prior to use.

Medicines causing electrolyte imbalances:
Patients taking thiazide diuretics, corticosteroids, liquorice root, or other medicines or health products that may aggravate electrolyte imbalance, should

consult a health care provider prior to use.

Levothyroxine:
CATALYST™ may reduce levothyroxine absorption. Advise patients to take levothyroxine and CATALYST™ at least 4 hours apart.

4.6 Fertility, pregnancy and lactation
CATALYST™ contains aloe vera which is contraindicated during pregnancy and lactation (see section 4.3).

4.7 Effects on ability to drive and use machines
CATALYST™ may cause side effects, such as dizziness, and can affect the ability to drive and use machines. Caution is advised when driving a vehicle or operating machinery until the effects of CATALYST™ are known.

4.8 Undesirable effects
CATALYST™ is generally well tolerated.

Immune system disorders:
Frequency unknown: hypersensitivity and/or allergic reactions.

Metabolism and nutrition disorders:
Frequency unknown: loss of appetite.

Psychiatric disorders:
Frequency unknown: insomnia.

Nervous system disorders:
Frequency unknown: dizziness, fatigue, drowsiness, headache.

Vascular disorders:
Frequency unknown: flushing.

Gastrointestinal disorders:
Frequency unknown: abdominal pain and cramps, stomach upset, bloating, flatulence, belching, indigestion, nausea, vomiting, diarrhoea, constipation.

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorisation of CATALYST™ is important. It allows continued monitoring of the benefit/risk balance of CATALYST™. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose
In overdose, side effects can be precipitated and/or be of increased severity

(see section 4.8). In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Category and class: D 33.7 Combination Product.

Calcium contributes to the development and maintenance of bones and teeth and is a factor in the maintenance of good health. Calcium absorption is affected by several factors like age, race, environmental and dietary conditions. Calcium is distributed in the bones and teeth and excreted via the urine and faeces.
Magnesium, a mineral that contributes to the maintenance of good health, has antioxidant and immune-boosting properties. It is absorbed throughout the gastrointestinal tract, distributed in the skeleton and soft tissue, and excreted primarily via the kidneys.
Ascorbic acid (vitamin C) is a water-soluble vitamin with antioxidant properties. It helps to maintain proper immune function and to metabolise fats and proteins. It is readily absorbed from the gastrointestinal tract and is primarily excreted in the urine.
Arthrospira platensis Gomont (Spirulina) is a blue-green algae that is a rich source of nutrients including protein and has antioxidant and immune-boosting properties.
Zinc helps to maintain immune function and helps the body to metabolise carbohydrates, fats and proteins. It is absorbed in the small intestines, distributed in the body in skeletal muscle and bone and mainly excreted through the faeces.
Pantothenic acid (vitamin B_5) is an essential B vitamin that helps to metabolise carbohydrates, fats and proteins and is a factor in the maintenance of good health. It is the precursor of coenzyme A (CoA) and is excreted in the urine.
Boron is a trace mineral that is a factor in the maintenance of good health. It is well-absorbed from the gastrointestinal tract and is excreted unchanged in the urine, with a half-life of 21 hours.
Vitamin E is an antioxidant for the maintenance of good health. It is mostly absorbed in the small intestines by passive diffusion and is excreted mainly unchanged via the faeces.
Pisum sativum L. (Green pea) has immune system effects and contains approximately 25 % crude protein. After oral administration, pea protein is broken down by the acid and pepsin in the stomach and further broken down in the small intestine to amino acids and small peptides which are systemically absorbed.
Spinacia oleracea L. (Spinach) contains various nutrients, including vitamin C, vitamin E, vitamin K, B vitamins, magnesium, iron, calcium, beta-carotene, folic acid and oxalic acid. The iron and calcium in spinach are poorly absorbed after oral intake and oxalates are excreted in the urine.
Zingiber officinale Roscoe (Ginger) contains active constituents such as gingerol, gingerdione, shogaol and monoterpene volatile oils which have antioxidant and immunomodulating effects.

Inositol is an essential component of cell membrane phospholipids and has a variety of stereoisomers, including myo-inositol and D-chiro-inositol. Oral inositol is absorbed almost completely and is metabolised by myo-inositol oxidase.
Copper helps to produce and repair connective tissue and to form red blood cells. It is absorbed primarily from the small intestines, mainly distributed to the skeleton and muscles and excreted in the urine.
Niacinamide (vitamin B_3) is a water-soluble vitamin that helps to metabolise carbohydrates, fats and proteins and is a factor in the maintenance of good health. It is rapidly absorbed from the gastrointestinal tract and is excreted mainly via urine.
Alpha Lipoic Acid provides antioxidants for the maintenance of good health and helps to promote healthy glucose metabolism. It is readily absorbed from the gut, extensively metabolised in the liver to dihydrolipoic acid (DHLA) and excreted in the urine.
Manganese is an essential nutrient that is involved with normal cell growth and generation of the immune response. It is not well absorbed and is cleared hepatically.
Coenzyme Q10 (Ubidecarenone) is a fat-soluble compound that acts like a vitamin. It is a large molecule that is poorly absorbed when taken orally and has a half-life of approximately 34 hours.
Pyridoxine (vitamin B_6) helps to metabolise carbohydrates, fats and proteins and contributes to tissue formation. It is passively absorbed from the upper gastrointestinal tract, converted in the liver to coenzyme pyridoxal phosphate and excreted in the urine.
Malpighia glabra L. (Acerola) fruit is a rich source of vitamin C which is more bioavailable when ingested in Acerola than when taken as an ascorbic acid dietary supplement. It also contains numerous minerals and other vitamins and has antioxidant effects.
Oryza sativa L. (Rice bran) contains fibre, lipids, amino acids and a variety of vitamins and minerals. Most of the fibre in Rice bran is insoluble.
Rosa canina L. (Rose hip) contains vitamin C which has antioxidant effects.
Thiamine (vitamin B_1) is a water-soluble B-vitamin that helps to metabolise carbohydrates, fats and proteins and contributes to normal growth. It is absorbed at the proximal part of the small intestines. It occurs in the body as the metabolically active form, thiamine diphosphate, and is excreted in the urine.
Riboflavin (vitamin B_2) helps to metabolise carbohydrates, fats and proteins and contributes to tissue formation. Oral supplementation results in the production of 7-hydroxymethylriboflavin in blood plasma and is excreted in the urine.
Acacia gum is an indigestible, water-soluble dietary fibre. It is not absorbed from the gastrointestinal tract and passes unchanged through the small intestine. It is fermented to short-chain fatty acids by bacteria in the large intestine.
Larch Arabinogalactan has immune-boosting properties. It is resistant to digestion in the stomach and small intestine and is instead fermented by

human colonic microflora to produce acetate, butyrate and propionate. When ingested, the bulk of tragacanth stretches the intestinal wall, increasing peristalsis. It increases stool weight and decreases gastrointestinal (GI) transit time.
Aloe vera (L.) Burm.f. (Aloe) has anti-inflammatory, antioxidant, detoxification and immune-boosting properties.
Selenium is a mineral with antioxidant properties for the maintenance of good health. The kidney accumulates the highest level of selenium and is the major source of plasma glutathione peroxidase. It is excreted mainly in the urine.
Vanadium is a trace mineral that is a factor in the maintenance of good health. Only about 5 % is absorbed with the highest concentrations found in the liver, kidneys and bone. Vanadium is excreted primarily in the urine.
Chromium is a mineral that has antioxidant properties and helps to support healthy glucose metabolism. The small percentage of chromium that is absorbed, approximately 0,5 % to 2 %, is rapidly excreted in the urine and unabsorbed chromium in the faeces.
Iodine contributes to the normal production of the thyroid hormones and normal thyroid function. It is absorbed through the stomach and duodenum and is converted to iodide. Iodine is excreted mainly in the urine, with small amounts excreted in faeces, sweat and saliva.
Molybdenum is an essential trace mineral that helps the body to metabolise proteins. It is readily absorbed from the gastrointestinal tract and is mainly excreted in the urine.
Vitamin A is a fat-soluble vitamin that contributes to immune function. It is readily absorbed from the gastrointestinal tract and is excreted primarily in the urine.
Folic acid is a water-soluble vitamin that helps the body to metabolise proteins and form red blood cells. After absorption, it is reduced to tetrahydrofolate and then converted to L-methylfolate. It is excreted mainly in the urine.
Biotin is an essential, water-soluble B vitamin that helps to metabolise carbohydrates, fats and proteins. It is completely absorbed after oral administration. Biotin metabolites are formed by beta-oxidation, sulfur oxidation, or both, and is excreted in the urine.
Cyanocobalamin (vitamin B_{12}) is an essential water-soluble vitamin that contributes to normal red blood cell formation. It is absorbed in the terminal ileum and has a half-life of about 25 – 30 hours.
Cholecalciferol (vitamin D_3) is a fat-soluble vitamin that helps in the development and maintenance of bones and teeth and helps with the absorption and use of calcium and phosphorous. It is well absorbed and requires hydroxylation in the body to form the active metabolite, calcitriol.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Croscarmellose sodium (E468)

Magnesium stearate (E572)

Microcrystalline cellulose (E460)
Pharmaceutical glaze (containing shellac)
Silicon dioxide (E551)
Stearic acid (E570).

6.2 Incompatibilities
Not applicable.

6.3 Shelf life
24 months.

6.4 Special precautions for storage
Store at or below 25 °C, in a dry place.
Keep the bottle tightly closed.
Do not use if inner seal is missing or broken.

6.5 Nature and contents of container
HDPE container with a ribbed polypropylene cap containing 120 tablets and a white cotton wad.

6.6 Special precautions for disposal and other handling
No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION
LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville 7551
South Africa

8. REGISTRATION NUMBER
Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION
Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT
October 2026