



1. What are the benefits of the improved Catalyst Multivitamin?

The improved Catalyst Multivitamin is a comprehensive blend of both natural nutrients and scientifically supported ingredients. This new formula has been specifically designed to combine the best of the original Catalyst and PhytoMatrix® products, while adding scientifically studied ashwagandha, to provide additional mood and energy support. When taken as directed, Catalyst Multivitamin:

- Provides antioxidant (vitamins A, C and E) support.*
- Supports endocrine health.*
- Supports mood, the mind and the body's feeling of normalcy.*
- Supports a healthy immune system.*
- Supports the liver, kidneys and nervous system.*
- Supports healthy skin, hair, eyes and joints.*
- Supports healthy bones.*
- Supports cardiovascular health.*
- Helps to maintain healthy blood pressure and blood sugar levels.*
- May increase energy and vitality.*
- Provides fat loss support.*‡
- Provides support for an array of your body's most important functions.*

2. 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.* The Catalyst Multivitamin also contains nutrients such as Inositol, Choline, CoQ10 and Alpha Lipoic Acid (ALA) that PhytoMatrix does not offer.

3. How does the improved Catalyst Multivitamin compare to the previous Catalyst formula?

This new Catalyst Multivitamin provides a powerhouse formula of 30 vitamins, minerals and nutrients that your body needs to function at its best. Compared to the previous Catalyst, new Catalyst Multivitamin not only contains more vitamin C, twice the vitamin D and 67% more folate per serving, but it also offers 19 of these key elements at 100% or more of the recommended Daily Value (DV). And Sensoril® ashwagandha has been added to provide both mood and energy support.*

4. What is ashwagandha (SENSORIL®) and why has it been added to the improved 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 healing, 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 is there often slight color variation in the Catalyst tablets from order to order? Sometimes they may be dark in color, other times lighter?

As you know, Catalyst is the best of both science and nature. The reason for the inconsistency of color in the tablets is because there is a significant variety of natural plant material in Catalyst, and plant material does sometimes vary in its coloration. Often different batches of harvested organic plant material come in at slightly different colors before the tablets are produced.

6. 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!

*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.

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

21778.0821

7. 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.

8. 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.

9. 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.

10. 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.

11. 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 clinical 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)
- Clinically researched
- CAS registered molecular form identification

12. Catalyst Multivitamin contains 100% of the DV of vitamin D, why is that important?

Vitamin D plays a crucial role in the normal growth and development of bones and teeth by assisting in the absorption of calcium and phosphorus. It may help improve mood while aiding in a healthy immune system.

13. Catalyst Multivitamin contains 100% of the DV of iodine, why is that important?

An essential mineral for optimum health, iodine supports breast, brain and reproductive function. It also supports mental clarity, a healthy metabolism and thyroid function.*

14. Catalyst Multivitamin contains over 100% of the DV of vitamin A, why is that important?

From your vision to your immune system, vitamin A is vital for many important functions in the body. Vitamin A helps support the eye's ability to see at night and supports normal and healthy aging of the the eyes, and also helps support immune, bone and reproductive health.*

15. Catalyst Multivitamin contains over 100% of the DV of vitamin C, why is that important?

Vitamin C offers a full spectrum of benefits. It helps support healthy iron levels by improving iron absorption and boosts immunity by helping white blood cells function better. It also supports cognitive function and promotes healthy blood pressure and eye health.*

*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.

16. Catalyst Multivitamin contains over 100% of the DV of vitamin E, why is that important?

Vitamin E offers powerful antioxidant properties to protect cells while promoting healthy heart and blood vessel function. In addition, Vitamin E also supports brain and reproductive health.*

17. Catalyst Multivitamin contains over 100% of the DV of thiamin, why is that important?

Vitamin B1, also known as thiamin, is an important nutrient in the body. It supports healthy nervous and digestive systems, while promoting brain, heart and eye health.*

18. Catalyst Multivitamin contains over 100% of the DV of riboflavin, why is that important?

Riboflavin (vitamin B2) helps your body build red blood cells and supports other cellular functions that give you energy. In addition, it helps the body break down carbohydrates, proteins and fats to produce energy and allow oxygen to be used by the body.*

19. Catalyst Multivitamin contains over 100% of the DV of niacin, why is that important?

Having enough niacin, or vitamin B3, promotes healthy brain function, mental clarity and cardiovascular health.*

20. Catalyst Multivitamin contains over 100% of the DV of vitamin B6, why is that important?

A healthy vitamin B6 level can help soothe the symptoms of premenstrual syndrome, improve mood, provide immune support, brain and eye health.*

21. Catalyst Multivitamin contains over 100% of the DV of folate, why is that important?

Folate is a form of vitamin B9 that is naturally present in many foods. Folate is needed to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce DNA and RNA.*

22. Catalyst Multivitamin contains over 100% of the DV of vitamin B12, why is that important?

Vitamin B12 helps make the genetic material in cells called DNA. It also promotes bone, eye and brain health.*

23. Catalyst Multivitamin contains over 100% of the DV of biotin, why is that important?

Also known as vitamin H, biotin is one of the B complex vitamins that helps support healthy cholesterol levels, cognitive function and nervous system. It is also known for promoting healthy hair and nails.*

24. Catalyst Multivitamin contains over 100% of the DV of pantothenic acid, why is that important?

Pantothenic acid (vitamin B5) helps with functions in the body, like making and breaking down fats.*

25. Catalyst Multivitamin contains over 100% of the DV of magnesium, why is that important?

Magnesium is involved in numerous biochemical reactions in the human body. Magnesium helps with more than 300 enzymes systems that regulate reactions in the body, such as muscle and nerve function.*

26. Catalyst Multivitamin contains over 100% of the DV of zinc, why is that important?

Zinc is a key nutrient that plays many vital roles in the body. Zinc helps the body make DNA and protein and is found in cells throughout the body.*

27. Catalyst Multivitamin contains over 100% of the DV of selenium, why is that important?

Selenium is an important mineral needed for the body that boosts the immune system and heart health.*

28. Catalyst Multivitamin contains over 100% of the DV of copper, why is that important?

Copper is an essential trace mineral necessary for survival. It not only supports the development and maintenance of bone, connective tissue and organs such as the brain and heart, but it also helps to regulate heart rate and blood pressure.*

29. Catalyst Multivitamin contains over 100% of the DV of molybdenum, why is that important?

Molybdenum is an essential mineral for the function of many enzymes that help break down harmful sulfites and supports toxins being removed from the body. It aids in energy creation, cell production and immune system function.*

30. Catalyst Multivitamin contains over 100% of the DV of chromium, why is that important?

Chromium is an essential trace element that helps promote healthy glucose and insulin levels. It also supports heart health, and healthy weight and muscle gain when working out.*

*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.

31. Can children take Catalyst Multivitamin?

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

32. Besides the long list of health benefits, what makes the Catalyst Multivitamin superior to other multivitamins?

The Catalyst Multivitamin is naturally gluten-free, free from dairy and artificial colors, contains no added preservatives, Kosher, and is 100% suitable for vegetarians and vegans as well.*

33. Does Catalyst Multivitamin have a coating on the tablets to make it easier to swallow?

Yes, there is a coating on the Catalyst Multivitamins that make it easier to swallow which is derived from vegetable sources and it has no added coloring or flavorings.

34. Is Catalyst Multivitamin safe to take while pregnant?

It is often advised to avoid taking some supplements that may contain certain herbal ingredients during pregnancy. We suggest that you consult your doctor before taking any Mannatech supplements if you are pregnant, trying to get pregnant or breastfeeding.

35. Why is there now less calcium in Catalyst Multivitamin?

Mannatech keeps a very close eye on trends in both the global food and supplement industry. Moreover, over the past several years we have seen an incredible increase in the number of foods that are fortified with additional calcium. As well, we have noticed fewer foods are fortified with magnesium, and the needs of the human body are certainly in need of magnesium. As dietary calcium increases, the need for magnesium also increases for the calcium to function properly. Since the modern day diet has evolved to include significant amounts of calcium it has become paramount to adapt to dietary needs. Therefore, it was a purposeful decision to increase the magnesium and lower the calcium as too much calcium without sufficient magnesium is not a good thing.

*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.

©2021 Mannatech, Incorporated. All rights reserved. Catalyst, PhytoMatrix, Mannatech and Stylized M Design are trademarks of Mannatech, Incorporated.

SENSORIL Ashwaganda extract is protected under U.S. Patent No. 7,318,938 and is a registered trademark of Natreon, Inc.

Albion is a trademark of Albion Laboratories, Inc.

21778.0821

