

As a nation, we eat foods that have been stripped of their nutrients.

We do not eat enough fresh produce, whole grains, and quality protein.



So, we take a multivitamin to help us maintain optimal health. But consider this—where do the nutrients contained in your multivitamin come from? And is it truly doing its job of replacing the nutrients missing from your diet?

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Is Your Daily Supplement This Complete?

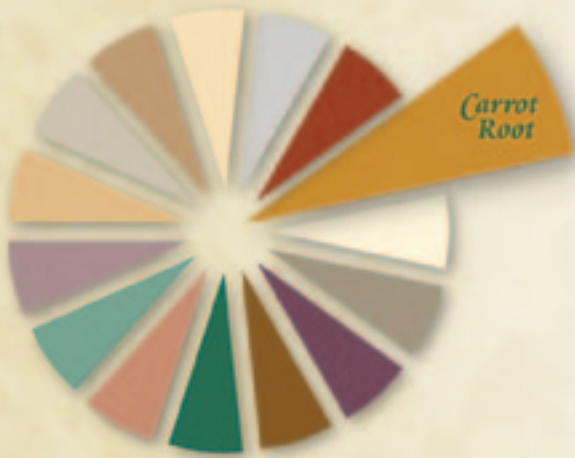


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Catalyn's Full Spectrum of Nutrition



- Wheat Germ (E & B Complexes)
- Carrot Root (A Complex)
- Calcium Lactate
- Nutritional Yeast (B Complex)
- Bovine Adrenal
- Bovine Liver
- Bovine and Ovine Spleen
- Bovine Kidney
- Pea Vine (A Complex)
- Alfalfa (A Complex)
- Mushroom (C Complex)
- Oat Flour (B Complex)
- Soybean Lecithin
- Rice Bran (B Complex)
- Magnesium Citrate

Foods in Catalyn® Comprised of 1,000s of Known and Unknown Nutrients

Catalyn, a whole food multivitamin, contains 15 different food sources. Every food in Catalyn supplies a full list of vitamins, minerals, and phytonutrients, even those that haven't yet been discovered. Catalyn provides nutrients as nature intended—in a whole food form, so you receive many of the nutrients the whole food provides, rather than incomplete isolated components of the food.

- 2-METHOXY-3-SEC-BUTYL-PYRAZINE
- 3,4-DIMETHOXY-ALLYLBENZENE
- 3-METHOXY-4,5-METHYLENE-DIOXY-PROPYLBENZENE
- 5,7-DIHYDROXY-2-METHYLCHROMONE
- 6-HYDROXY-MELLEIN
- 6-METHOXY-MELLEIN
- ACETALDEHYDE
- ACETONE
- ACETYLCOLINE
- ALANINE
- BENZYLAMINE
- BERGAPTEN
- BETA-AMYRIN
- BETA-BISABOLENE
- BETA-CAROTENE
- BETA-CRYPTOXANTHIN
- BETA-FARNESENE
- BETA-PINENE
- BETA-SITOSTEROL
- BETAINE
- BIPHENYL
- BORNEOL
- BORNYL-ACETATE
- BORON
- DAUCOSTEROL
- DEC-2-EN-1-AL
- DECA-TRANS-2,TRANS-4-DIEN-1-AL
- DEHYDROASCORBIC-ACID
- DIOSGENIN
- DIPENTENE
- DODECAN-1-AL
- EO
- EPSILON-CAROTENE
- ETHANOL
- ETHYLAMINE
- ETHYL-METHYL-AMINE
- FALCARINDIOL
- ISOCITRIC-ACID
- ISOLEUCINE
- ISOPIMPINELLIN
- ISOPRENE
- KAEMPFEROL-3-O-BETA-D-GLUCOSIDE
- KILOCALORIES
- LAURIC-ACID
- LECITHIN
- LEUCINE
- LIMONENE
- LINALOOL
- LINOLEIC-ACID
- LINOLENIC-ACID
- NICKEL
- NITROGEN
- NON-2-EN-1-AL
- NONAN-1-AL
- NOPOL
- OCTAN-1-AL
- OLEIC-ACID
- OSTHOLE
- OXALIC-ACID
- OXYPEUCEDANIN
- P-COUMARIC-ACID
- P-CYMENE
- P-HYDROXYBENZOIC-ACID
- PALMITIC-ACID
- SHIKIMIC-ACID
- SILICON
- SODIUM
- STARCH
- STEARIC-ACID
- STIGMASTEROL
- STRONTIUM
- SUBERIN
- SUCCINIC-ACID
- SUCROSE
- SULFUR
- SYRINGIC-ACID
- TARTARIC-ACID
- TERPINEN-4-OL

Over 200 Known Nutrients and Phytonutrients Found in Carrot Root

- ALPHA-AMYRIN
- ALPHA-BERGAMOTENE
- ALPHA-CAROTENE
- ALPHA-CARYOPHYLLENE
- ALPHA-HUMULENE
- ALPHA-IONONE
- ALPHA-KETOGLUTARIC-ACID
- ALPHA-PHELLANDRENE
- ALPHA-PINENE
- ALPHA-TERPINENE
- ALPHA-TERPINEOL
- ALPHA-TOCOPHEROL
- ANILINE
- ARABINOSIDE
- ARGININE
- ASCORBIC-ACID
- ASH
- ASPARTIC-ACID
- BARIIUM
- BENZOIC-ACID-4-O-BETA-D-GLUCOSIDE
- BROMINE
- BUTYRIC-ACID
- CADMIUM
- CAFFEIC-ACID
- CAFFEYOYLQUINIC-ACID
- CALCIUM
- CAMPESTEROL
- CARBOHYDRATES
- CAROTAXIN
- CAROTOL
- CARYOPHYLLENE
- CARYOPHYLLENE-OXIDE
- CHLOROGENIC-ACID
- CHOLINE
- CHROMIUM
- CIS-BETA-BERGAMOTENE
- CIS-GAMMA-BISABOLENE
- CITRIC-ACID
- COBALT
- COPPER
- COUMARIN
- CYANIDIN-DIGLYCOSIDE
- CYSTINE
- D-GLUCOSE
- DAUCIC-ACID
- FALCARINOL
- FAT
- FERULIC-ACID
- FIBER
- FLUORINE
- FOLACIN
- FOLATE
- FRUCTOSE
- FUMARIC-ACID
- GALACTOSE
- GAMMA-BISABOLENE
- GAMMA-CAROTENE
- GAMMA-DECANOLACTONE
- GAMMA-MUURENE
- GAMMA-TERPINENE
- GERANIOL
- GLUTAMIC-ACID
- GLUTAMINE
- GLYCINE
- HCN
- HEPTAN-1-AL
- HERACLLENIN
- HISTIDINE
- IONENE
- IRON
- LITHIUM
- LUPEOL
- LUTEIN
- LUTEOLIN-7-O-BETA-GLUCOSIDE
- LYCOPENE
- LYSINE
- MAGNESIUM
- MALIC-ACID
- MALTOSE
- MALVIDIN-3,5-DIGLUCOSIDE
- MANGANESE
- MANNOSE
- METHIONINE
- METHYLAMINE
- MEVALONIC-ACID
- MOLYBDENUM
- MUFA
- MYRISTIC-ACID
- MYRISTICIN
- N-METHYL-ANILINE
- N-METHYL-BENZYLAMINE
- N-METHYL-PHENETHYLAMINE
- NEUROSPORINE
- NIACIN (B)
- PALMITOLEIC-ACID
- PANTOTHENIC-ACID
- PECTIN
- PECTINESTERASE
- PEROXIDASE
- PHENYLALANINE
- PHOSPHOFRUCTOKINASE
- PHOSPHORUS
- PHYTIN
- PHYTOFLUENE
- PHYTOSTEROLS
- POTASSIUM
- PROLINE
- PROTEIN
- PSORALEN
- PUFA
- QUINIC-ACID
- RHAMNOSE
- RIBOFLAVIN (B)
- RUBIDIUM
- SABINENE
- SCOPOLETIN
- SERINE
- SFA
- TERPINOLENE
- TETRADECENOIC-ACID
- THIAMIN (B)
- THREONINE
- TIN
- TITANIUM
- TOLUIDENE
- TRANS-GAMMA-BISABOLENE
- TRYPTOPHAN
- TYROSINE
- URONIC-ACID
- VALINE
- VITAMIN A
- VITAMIN C
- VITAMIN B6
- VITAMIN E
- VITAMIN K
- WATER
- XANTHOPHYLLS
- XANTHOTOXIN
- XYLITOL
- XYLOSE
- ZINC
- ZIRCONIUM

Multivitamin Comparison

When comparing labels from Catalyn and a typical retail multivitamin, you will notice that Catalyn contains familiar whole food ingredients—carrot root, wheat germ, mushroom, etc. The retail multivitamin label shown below is missing many of the naturally occurring nutrients and phytonutrients found in the combination of foods present in Catalyn. Look for multivitamins with whole foods as their foundation.

VITAMIN A (VITAMIN A ACETATE, 29% BETA CAROTENE)	VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	COPPER
VITAMIN C (ASCORBIC ACID)	FOLIC ACID	MANGANESE
VITAMIN D (DL-ALPHA TOCOPHEROL, ERGOCALCIFEROL)	VITAMIN B12 (CYANOCOBALAMIN)	CHROMIUM (CHROMIUM CHLORIDE)
VITAMIN E (DL-ALPHA TOCOPHERYL ACETATE)	BIOTIN	MOLYBDENUM
VITAMIN K (PHYTONADIONE)	PANTOTHENIC ACID	CHLORIDE
THIAMINE (THIAMINE MONONITRATE)	CALCIUM	POTASSIUM
RIBOFLAVIN	IRON	BORON
NIACIN	PHOSPHORUS	NICKEL
	IODINE	SILICON
	MAGNESIUM	TIN
	ZINC (ZINC OXIDE)	VANADIUM
	SELENIUM	LUTEIN
		LYCOPENE

The nutrients within foods work synergistically to provide the body the tools it needs to maintain optimal health.

