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.

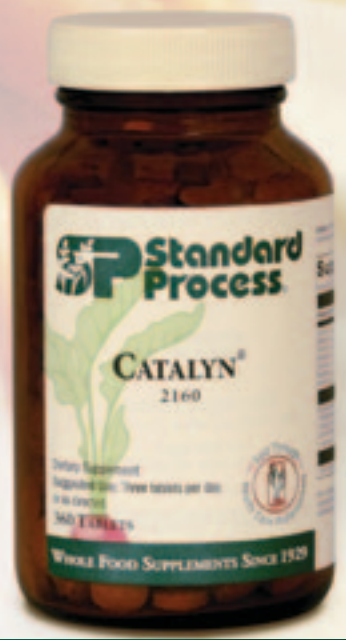
Standard Process®

www.standardprocess.com

L1770 03/10

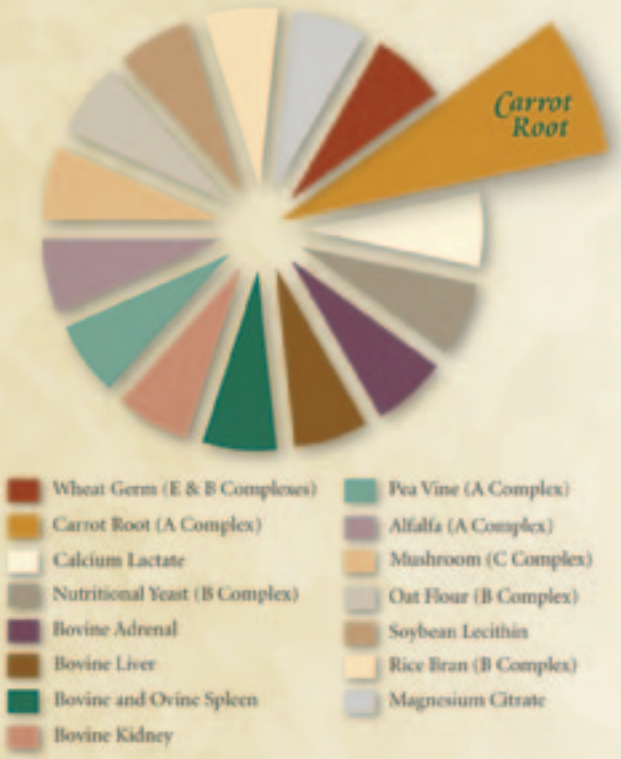
30% PCW

Is Your Daily Supplement This Complete?



Standard Process®

Catalyn's Full Spectrum of Nutrition



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.

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

Over 200 Known Nutrients and Phytonutrients Found in Carrot Root

2-METHOXY-3-SEC-BUTYL-PYRAZINE
3,4-DIMETHOXY-ALLYL-BENZENE
3-METHOXY-4,5-METHYLENE-DIOXY-PROPYL-BENZENE
5,7-DIHYDROXY-2-METHYL-CHROMONE
6-HYDROXY-MELLEIN
6-METHOXY-MELLEIN
ACETALDEHYDE
ACETONE
ACETYLCHOLINE
ALANINE
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
BARIUM
BENZOIC-ACID-4-O-BETA-D-GLUCOSIDE
BENZYLAMINE
BERGAPTEN
BETA-AMYRIN
BETA-BISABOLENE
BETA-CAROTENE
BETA-CRYPTOXANTHIN
BETA-FARNESENE
BETA-PINENE
BETA-SITOSTEROL
BETAINE
BIPHENYL
BORNEOL
BORNYL-ACETATE
BORON
BROMINE
BUTYRIC-ACID
CADMIUM
CAFFEIC-ACID
CAFFEOYLQUINIC-ACID
CALCIUM
CAMPESTEROL
CARBOHYDRATES
CAROTATOXIN
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
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
FALCARINOL
FAT
FERULIC-ACID
FIBER
FLUORINE
FOLACIN
FOLATE
FRUCTOSE
FUMARIC-ACID
GALACTOSE
GAMMA-BISABOLENE
GAMMA-CAROTENE
GAMMA-DECANOLACTONE
GAMMA-MUUROLENE
GAMMA-TERPINENE
GERANIOL
GLUTAMIC-ACID
GLUTAMINE
GLYCINE
HCN
HEPTAN-1-AL
HERACLENIN
HISTIDINE
IONENE
IRON
ISOCITRIC-ACID
ISOLEUCINE
ISOPIMPINELLIN
ISOPRENE
KAEMPFEROL-3-O-BETA-D-GLUCOSIDE
KILOCALORIES
LAURIC-ACID
LECITHIN
LEUCINE
LIMONENE
LINALOOL
LINOLEIC-ACID
LINOLENIC-ACID
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
NEUROSPORENE
NIACIN (B)
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
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
SELENIUM
SERINE
SFA
SHIKIMIC-ACID
SILICON
SODIUM
STARCH
STEARIC-ACID
STIGMASTEROL
STRONTIUM
SUBERIN
SUCCINIC-ACID
SUCROSE
SULFUR
SYRINGIC-ACID
TARTARIC-ACID
TERPINEN-4-OL
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 C (ASCORBIC ACID)
VITAMIN D (DL-ALPHA TOCOPHEROL, ERGOCALCIFEROL)
VITAMIN E (DL-ALPHA TOCOPHERYL ACETATE)
VITAMIN K (PHYTONADIONE)
THIAMIN (THIAMINE MONONITRATE)
RIBOFLAVIN
NIACIN
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)
FOLIC ACID
VITAMIN B12 (CYANOCOBALAMIN)
BIOTIN
PANTOTHENIC ACID
CALCIUM
IRON
PHOSPHORUS
IODINE
MAGNESIUM
ZINC (ZINC OXIDE)
SELENIUM
COPPER
MANGANESE
CHROMIUM (CHROMIC CHLORIDE)
MOLYBDENUM
CHLORIDE
POTASSIUM
BORON
NICKEL
SILICON
TIN
VANADIUM
LUTEIN
LYCOPENE

Standard Process®

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Liu RH. Health benefits of fruits and vegetables are from additive combinations of phytochemicals. *Am J Clin Nutr.* 2003 Sep:78(3 Suppl):517S-520S.
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