



1. What are the benefits of the improved Essentials Catalyst™ Multi?

The improved Essentials Catalyst™ Multi contains even more of the very important nutrients vitamin C, folic acid and chromium while adding scientifically studied ashwagandha, to provide feelings of wellbeing, mood and energy support. When taken as directed, Essentials Catalyst™ Multi:

- Provides antioxidant (vitamins A, C and E) support*
- Reduces free radicals formed in the body*
- Supports body metabolism/metabolic rate
- Supports energy production
- Supports eye health
- Supports healthy growth and development
- Supports general health and wellbeing
- Supports healthy body tissues
- Maintains bone strength
- Maintains gastrointestinal system health
- Supports health immune system function
- Maintains nervous system health

2. How does the improved Essentials Catalyst™ Multi compare to the previous Catalyst formula?

This new Essentials Catalyst™ Multi provides a powerhouse formula of 29 vitamins, minerals and nutrients that your body needs to function at its best. Compared to the previous Catalyst, new Essentials Catalyst™ Multi not only contains more vitamin C, and more folate per serving, but it also offers 19 of these key elements at significant amounts. And Sensoril® ashwagandha has been added to provide both feelings of wellbeing and energy support.*

3. What is ashwagandha (SENSORIL®) and why has it been added to the improved Essentials Catalyst™ Multi?

Sensoril® is a patented strain of ashwagandha supported by 11 scientific studies designed to enhance adaptogen health benefits. Mannatech has added ashwagandha to the Essentials Catalyst™ Multi 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 promote feelings of wellbeing and support energy production. It is frequently referred to as “Indian Ginseng” because of its rejuvenating properties.*

4. Why has calcium carbonate (CaCO3) been chosen as the calcium source for the Essentials Catalyst™ Multi tablets?

Calcium carbonate is the most common form of calcium used in bone health supplements and multivitamins worldwide because it has the highest percentage of calcium by gram weight. Calcium carbonate is approximately 40% calcium, whereas the next most commonly used form of calcium called calcium citrate is only 21% calcium by gram weight.

5. How is calcium carbonate broken down in the digestive system?

When calcium carbonate comes in contact with stomach acid, the calcium ion is separated for absorption. This separated calcium ion combines with many different compounds to help perform many bodily functions. Examples of these compounds include magnesium, vitamin D and important short-chained fatty acids called butyrates. The more fermentation there is in the gut, the more butyrates are produced. The more butyrates that are produced, the more calcium is absorbed through the digestive tract!

6. Why are the ingredients in Essentials Catalyst™ Multi 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 Essentials Catalyst™ Multi tablets, using only plant material, it is estimated that you would have to take 20 tablets a day!



7. 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. The chelation mineral in Essentials Catalyst™ Multi allows for efficient transport of minerals across the intestinal wall in order to be utilized throughout the body.

8. 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.

9. Are the minerals in Essentials Catalyst™ Multi sourced from plants?

Catalyst was specifically formulated using chelated minerals (see above) because the process allows the minerals to be more easily absorbed by the body. The elemental minerals in Essentials Catalyst™ Multi are naturally occurring and have the benefit of providing a much higher nutrient level per serving than is possible from plant-based minerals alone.

10. Essentials Catalyst™ Multi contains 20 mcg of vitamin D per 4 tablet daily serving, 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 support feelings of wellbeing while aiding in a healthy immune system.

11. Essentials Catalyst™ Multi 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 eyes, and also helps support immune, bone and reproductive health.*

12. Essentials Catalyst™ Multi 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.*

13. Essentials Catalyst™ Multi 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.*

14. Essentials Catalyst™ Multi 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.*

15. Essentials Catalyst™ Multi 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.*

16. Essential Catalyst™ Multi 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.*

17. Essential Catalyst™ Multi 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.*



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* These statements have not been evaluated by the Therapeutic Goods Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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18. Essentials Catalyst™ Multi 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.*

19. Essentials Catalyst™ Multi 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.*

20. Essentials Catalyst™ Multi 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 help support healthy cholesterol levels, cognitive function and nervous system. It is also known for promoting healthy hair and nails.*

21. Essentials Catalyst™ Multi 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.*

22. Essentials Catalyst™ Multi 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.*

23. Essentials Catalyst™ Multi 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.*

24. Essentials Catalyst™ Multi 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.*

25. Essentials Catalyst™ Multi 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.*

26. Essentials Catalyst™ Multi 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 sulphites and supports toxins being removed from the body. It aids in energy creation, cell production and immune system function.*

27. Essentials Catalyst™ Multi contains 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.*

28. Can children take Essential Catalyst™ Multi?

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

29. Besides the long list of health benefits, what makes the Essentials Catalyst™ Multi superior to other multivitamins?

The Essentials Catalyst™ Multi is naturally gluten-free, free from dairy and artificial colours, contains no added preservatives, and is 100% suitable for vegetarians and vegans as well.*

30. Does Essentials Catalyst™ Multi have a coating on the tablets to make it easier to swallow?

Yes, there is a coating on the Essentials Catalyst™ Multi that make it easier to swallow which is derived from vegetable sources and it has no added colouring or flavourings.

31. Is Essentials Catalyst™ Multi 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.

