

# Catalyn®

## Catalyn Contains Vital Nutrients from Several Whole Foods to Provide Complete and Complex Nutritional Supplementation

Catalyn, introduced in 1929, is a whole food multivitamin containing several vitamins, minerals, and phytonutrients from approximately 15 different whole food sources. Instead of using a mega-dose approach, Dr. Lee formulated Catalyn with several whole food ingredients complete with complexes of nutrients rather than incomplete isolated nutrients. Catalyn also contains specific glandular tissue to complement the whole food ingredients to stimulate cell and tissue repair. The complex set of whole food ingredients and other vitamins and minerals that make up Catalyn broadly support both the physiological and the biological processes of the human body.†

### How Catalyn Keeps You Healthy

#### Maintains cellular health

Vitamin A works as an antioxidant and is vital for new cell growth. Vitamin B<sub>1</sub> (thiamine) assists in carbohydrate metabolism, vitamin B<sub>2</sub> (riboflavin) in cell respiration and red blood cell formation, and vitamin B<sub>6</sub> (pyridoxine) in nucleic acid synthesis. Vitamin C supports collagen formation and the growth and repair of tissues. Naturally occurring magnesium plays a key role in initiating enzyme activity, especially those involved in energy production. Naturally occurring potassium maintains cell membrane integrity.†

#### Keeps your skin healthy

Vitamin A supports skin cell integrity. Vitamin C promotes healthy skin by supporting the natural growth and repair of skin tissues and cells, as well as collagen production.†

#### Keeps your heart healthy

Many of the vitamins and minerals found in Catalyn contribute in a unique way to overall cardiac health, by promoting healthy circulation, moderating homocysteine levels, and helping to maintain normal heart rhythm.†

#### Supports healthy metabolism

Catalyn contains the B-vitamin complex, including thiamine, vitamin B<sub>6</sub>, riboflavin, and naturally occurring niacin, folate, and pantothenic acid. The B vitamins support energy metabolism. Specifically riboflavin, niacin, and pantothenic acid are involved in the metabolism of fats, proteins, and carbohydrates for energy. Thiamine also plays a role in carbohydrate metabolism. Folate is essential for growth and development of cells. B vitamins are also involved in supporting immune and nervous system function.†



**Introduced in:** 1929

**Content:**

90 Tablets

360 Tablets

#### Supplement Facts:

Serving Size: 3 tablets  
Servings per Container: 30 or 120

		%DV
Calories	4	
Vitamin A	1,200 IU	25%
Vitamin C	4 mg	6%
Vitamin D	312 IU	80%
Thiamine	0.2 mg	15%
Riboflavin	0.2 mg	15%
Vitamin B <sub>6</sub>	1 mg	50%

**Proprietary Blend:** Defatted wheat (germ), carrot (root), calcium lactate, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, dried pea (vine) juice, dried alfalfa (whole plant) juice, mushroom, oat flour, soybean lecithin, and rice (bran).

**Other Ingredients:** Honey, glycerin, arabic gum, ascorbic acid, calcium stearate, cholecalciferol, pyridoxine hydrochloride, starch, sucrose, vitamin A palmitate, cocarboxylase, and riboflavin.

**Suggested Use:** Three tablets per day, or as directed.

Sold through health care professionals.

Please copy for your patients



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## What Makes Catalyn Unique

### Product Attributes

#### Whole food multivitamin

- ▶ Contains important vitamins, minerals, enzymes, and trace minerals in combination with their naturally occurring synergistic cofactors
- ▶ Combines vital nutrients from a wide variety of plant sources to introduce a unique diversity of complete vitamin and mineral complexes

#### Multiple nutrients from a variety of plant and animal sources

- ▶ Extracts from bovine and ovine tissues provide nutrients and support to the corresponding tissues in humans
- ▶ Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- ▶ Assures the soil is laden with minerals and nutrients
- ▶ Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- ▶ Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- ▶ Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- ▶ The nutrients in Catalyn are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Catalyn<sup>®</sup>.

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