

Catalyst® tablets

It's possible that you may not make the right choices about your diet, so Catalyst tablets can help meet your every day needs. This multivitamin/mineral product supports your body's energy levels and provides a balanced food supplement of vitamins, minerals, trace minerals and antioxidants, plus Ambrotose® complex. And unlike many other multivitamins, Catalyst tablets contain no artificial flavours, colours, sweeteners, yeast, sucrose or dextrose. In addition, Catalyst tablets are recommended for anyone who is trying to manage or lose weight.

Catalyst tablets furnish all the vital nutrients

you need to help you stay at your highest possible level of wellness, including:

- vitamin A for immune support, eyes, skin, reproduction, new cell and tissue growth, and gene development.
- B complex vitamins, such as thiamine (B1), riboflavin (B2), niacin (B3), B6 and B12.
- Vitamins C, D and E.
- Pantothenic, alpha-lipoic and folic acid.
- Choline, calcium, magnesium, selenium, manganese, zinc and chromium.
- Co-enzyme Q10, vital for antioxidant support and essential to heart health and immune function.



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About Catalyst tablets:

- Provide complete vitamin and mineral support for a healthy body.
- Have an antioxidant-rich formula to help protect against the harmful effects of toxins, environmental stress, poor diet, and daily physical and oxidative stress.
- Offer fat loss support.
- Support blood sugar levels already within the normal range, bone health, the liver and nervous system.
- Help maintain normal, healthy metabolic rate, energy levels, digestion, immune system, nerves, kidneys, bones, teeth, gums, joints, skin, hair and eyes.



Catalyst tablets	Product Number	Retail Cost	Member Cost	Associate Cost
120 tablets	12004	£33.80	£31.97	£30.43

Supplement Facts

Tablets

Serving Size: 2 tablets (2 times daily)
 Servings Per Container: 60

	Amount per 4 tablets	%RDA*
Vitamin A	450.0 µg RE	56
Vitamin D ₃	8.3 µg	166
Vitamin E	20 mg TE	200
Vitamin C	360.0 mg	600
Vitamin B ₁	5.9 mg	421
Vitamin B ₂	6.8 mg	425
Niacin	20.0 mg NE	111
Vitamin B ₆	8.0 mg	400
Vitamin B ₁₂	23.1 mg	2310
Folic Acid	400.0 mcg	200
Biotin	0.3 mcg	200
Pantothenic acid	40.0 mg	666
Calcium	1000.0 mg	125
Magnesium	300.0 mg	100
Zinc	15.0 mg	100
Iodine	150.0 µg	100
Copper	0.7 mg	†
Manganese	2.0 mg	†
Selenium	20.0 mg	†
Molybdenum	75.0 µg	†
Chromium	44.0 µg	†
Choline	50.0 mg	†
Inositol	50.0 mg	†
Silicon	14.0 mg	†
Coenzyme Q10	12.0 mg	†
Polysaccharides	88.0 mg	†
<i>Spirulina Plantensis</i>	200.0 mg	†

*RDA = Recommended allowance.
 † = RDA not established.

Ingredients:

Calcium (calcium carbonate, maltodextrin), microcrystalline cellulose, magnesium oxide, Vitamin C (ascorbic acid, hydroxypropyl cellulose), spirulina powder, cross-linked sodium carboxymethylcellulose, choline (choline bitartrate, partially hydrogenated vegetable oil), plant polysaccharide blend (acacia gum, gum ghatti, aloe vera gel powder, gum tragacanth), coating (shellac), kelp powder, vitamin E, magnesium stearate, polyvinylpyrrolidone, pantothenic acid, inositol (hydroxypropyl cellulose), zinc citrate, biotin (dicalcium phosphate), silicon dioxide, niacin, coenzyme Q10, rice flour, acerola cherry juice powder, ginger root powder, magnesium citrate, manganese citrate, citrus fruit peel powder, rose hips extract powder, barley leaf powder, rice bran powder, green pea powder, vitamin B1 (thiamin mononitrate, cellulose), riboflavin, vitamin A (retinyl palmitate, gum acacia, citric acid, antioxidants: ascorbic acid, alpha tocopherol), folic acid (dicalcium phosphate), vitamin D (cholecalciferol, maltodextrin, dextrin, vegetable oil, antioxidant: BHT), vitamin B12 (cyanocobalamin, dicalcium phosphate), sodium selenite, copper citrate, chromium chloride, sodium molybdate, potassium iodide.

Recommended use:

Take two tablets twice daily.