

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?

At our office, we believe that given the proper nutrition, your body has amazing capabilities of healing itself. 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?



800-848-5061
www.standardprocess.com
L1770



Catalyn's Full Spectrum of Nutrition



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

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
- BENZYLAMINE
- DAUCOSTEROL
- ISOCITRIC-ACID
- NICKEL
- SHIKIMIC-ACID
- 3,4-DIMETHOXY-ALLYLBENZENE
- BERGAPTEN
- DEC-2-EN-1-AL
- ISOLEUCINE
- NITROGEN
- SILICON
- 3-METHOXY-4,5-METHYLENEDI-OXY-PROPYLBENZENE
- BETA-AMYRIN
- DECA-TRANS-2,TRANS-4-DIEN-1-AL
- ISOPIMPINELLIN
- NON-2-EN-1-AL
- SODIUM
- 5,7-DIHYDROXY-2-METHYLCHROMONE
- BETA-BISABOLENE
- DEHYDROASCORBIC-ACID
- ISOPRENE
- NONAN-1-AL
- STARCH
- 6-HYDROXY-MELLEIN
- BETA-CAROTENE
- DIOSGENIN
- KAEMPFEROL-3-O-BETA-D-GLUCOSIDE
- OCTAN-1-AL
- STEARIC-ACID
- 6-METHOXY-MELLEIN
- BETA-CRYPTOXANTHIN
- ETHANOL
- KILOCALORIES
- STIGMASTEROL
- ACETALDEHYDE
- BETA-FARNESENE
- ETHYLAMINE
- LAURIC-ACID
- STROMTIUM
- ACETONE
- BETA-PINENE
- ETHYL-METHYL-AMINE
- LECITHIN
- OSTHOLE
- SUBERIN
- BETA-SITOSTEROL
- BETAINE
- EPSILON-CAROTENE
- LEUCINE
- SUCCINIC-ACID
- BIPHENYL
- ETHANOL
- LIMONENE
- OXYPEUCEDANIN
- BORNEOL
- LINALOOL
- P-COUMARIC-ACID
- SUCROSE
- BORNYL-ACETATE
- LINOLEIC-ACID
- P-CYMENE
- SULFUR
- SYRINGIC-ACID
- SYRINGIC-ACID
- TARTARIC-ACID

- ACETYLCHOLINE
- BORON
- FALCARINDIOL
- LINOLENIC-ACID
- PALMITIC-ACID
- TERPINEN-4-OL
- ALANINE
- BROMINE
- FALCARINOL
- LITHIUM
- PALMITOLEIC-ACID
- TERPINOLENE
- ALPHA-AMYRIN
- BUTYRIC-ACID
- FAT
- LUPEOL
- PANTOTHENIC-ACID
- ALPHA-BERGAMOTENE
- CADMIUM
- FERULIC-ACID
- LUTEIN
- PECTIN
- ALPHA-CAROTENE
- CAFFEIC-ACID
- FIBER
- LUTEOLIN-7-O-BETA-GLUCOSIDE
- PECTINESTERASE
- ALPHA-CARYOPHYLLENE
- CAFFEYOYLQUINIC-ACID
- FLUORINE
- GLUCOSIDE
- PEROXIDASE
- ALPHA-HUMULENE
- CALCIUM
- FOLACIN
- LUTEOLIN-7-O-BETA-GLUCOSIDE
- PHENYLALANINE
- ALPHA-IONONE
- CAMPESTEROL
- FOLATE
- LYCOPENE
- PHOSPHOPROKINASE
- ALPHA-KETOGLUTARIC-ACID
- CARBOHYDRATES
- FRUCTOSE
- LYSINE
- PHOSPHORUS
- ALPHA-PHELLANDRENE
- CAROTATOXIN
- FUMARIC-ACID
- MAGNESIUM
- PHYTIN
- ALPHA-PINENE
- CAROTOL
- GALACTOSE
- MALIC-ACID
- PHYTOFLUENE
- ALPHA-TERPINENE
- CARYOPHYLLENE
- GAMMA-ACID
- MALVIDIN-3,5-DIGLUCOSIDE
- PHYTOSTEROLS
- ALPHA-TERPINEOL
- CARYOPHYLLENE-OXIDE
- GAMMA-BISABOLENE
- MANGANESE
- POTASSIUM
- ALPHA-TOCOPHEROL
- CHOLINE
- GAMMA-CAROTENE
- MANNANOSE
- POTASSIUM
- ANILINE
- CHLOROGENIC-ACID
- GAMMA-DECANOLACTONE
- PROLINE
- ARABINOSIDE
- CHROMIUM
- GAMMA-MUJOLENE
- PROTEIN
- ARGININE
- CIS-BETA-BERGAMOTENE
- GERANIOL
- PSORALEN
- ASCORBIC-ACID
- CIS-GAMMA-BISABOLENE
- GLUTAMIC-ACID
- MEVALONIC-ACID
- PUFA
- ASH
- CITRIC-ACID
- GLUTAMINE
- MOLYBDENUM
- ASPARTIC-ACID
- COBALT
- GLUTAMINE
- MUFA
- VALINE
- BARIUM
- COUMARIN
- HCN
- MYRISTIC-ACID
- VITAMIN A
- BENZOIC-ACID-4-O-BETA-D-GLUCOSIDE
- DAUCIC-ACID
- HEPTAN-1-AL
- MYRISTICIN
- MYRISTIC-ACID
- VITAMIN B
- GLUCOSIDE
- HERACLLENIN
- N-METHYL-ANILINE
- N-METHYL-BENZYLAMINE
- N-METHYL-PHENETHYLAMINE
- NEUROSPORINE
- NIACIN (B)
- IRON
- HISTIDINEIONENE
- SELENIUM
- SERINE
- SFA
- IRON
- IONENE
- SELENIUM
- SERINE
- SFA

Typical Retail Daily Supplement

A typical "complete" multivitamin contains only a fraction of the components found in food. The multivitamin depicted below contains fractionated, isolated nutrients and is missing many of the nutrients and phytonutrients in comparison to the carrot root listed above.

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 (CHROMIC CHLORIDE)
VITAMIN E (DL-ALPHA TOCOPHERYL ACETATE)	BIOTIN	MOLYBDENUM
VITAMIN K (PHYTONADIONE)	PANTOTHENIC ACID	CHLORIDE
THIAMIN (THIAMINE MONONITRATE)	CALCIUM	POTASSIUM
RIBOFLAVIN	IRON	BORON
NIACIN	PHOSPHORUS	NICKEL
	IODINE	SILICON
	MAGNESIUM	TIN
	ZINC (ZINC OXIDE)	VANADIUM
	SELENIUM	LUTEIN
		LYCOPENE



Duke, James A. *Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants*. Boca Raton: CRC Press LLC, 1992.
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.
www.ars.usda.gov/Services/docs.htm?docid=7783