

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 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.

Is Your Daily Supplement This Complete?



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Catalyn's Full Spectrum of Nutrition



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

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.

- 2-METHOXY-3-SEC-BUTYL-PYRAZINE
- 3,4-DIMETHOXY-ALLYLBENZENE
- 3-METHOXY-4,5-METHYLENEDIOXY-PROPYLBENZENE
- 5,7-DIHYDROXY-2-METHYLCHROMONE
- 6-HYDROXY-MELLEIN
- 6-METHOXY-MELLEIN
- ACETALDEHYDE
- ACETONE
- ACETYLCOLINE
- ALANINE
- BENZYLAMINE
- BERGAPTEN
- BETA-AMYRIN
- BETA-BISABOLENE
- BETA-CAROTENE
- BETA-CRYPTOXANTHIN
- BETA-FARNESENE
- BETA-PINENE
- BETA-SITOSTEROL
- BETAINE
- BIPHENYL
- BORNEOL
- BORNYL-ACETATE
- BORON
- 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
- ISOCITRIC-ACID
- ISOLEUCINE
- ISOPIMPINELLIN
- ISOPRENE
- KAEMPFEROL-3-O-BETA-D-GLUCOSIDE
- KILOCALORIES
- LAURIC-ACID
- LECITHIN
- LEUCINE
- LIMONENE
- LINALOOL
- LINOLEIC-ACID
- LINOLENIC-ACID
- 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
- SHIKIMIC-ACID
- SILICON
- SODIUM
- STARCH
- STEARIC-ACID
- STIGMASTEROL
- STRONTIUM
- SUBERIN
- SUCCINIC-ACID
- SUCROSE
- SULFUR
- SYRINGIC-ACID
- TARTARIC-ACID
- TERPINEN-4-OL

Over 200 Known Nutrients and Phytonutrients Found in Carrot Root

- 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
- BROMINE
- BUTYRIC-ACID
- CADMIUM
- CAFFEIC-ACID
- CAFFEYOYLQUINIC-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
- FALCARINOL
- FAT
- FERULIC-ACID
- FIBER
- FLUORINE
- FOLACIN
- FOLATE
- FRUCTOSE
- FUMARIC-ACID
- GALACTOSE
- GAMMA-BISABOLENE
- GAMMA-CAROTENE
- GAMMA-DECANOLACTONE
- GAMMA-MUURENE
- GAMMA-TERPINENE
- GERANIOL
- GLUTAMIC-ACID
- GLUTAMINE
- GLYCINE
- HCN
- HEPTAN-1-AL
- HERACLLENIN
- HISTIDINE
- IONENE
- IRON
- LITHIUM
- LUPEOL
- LUTEIN
- LUTEOLIN-7-O-BETA-D-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)
- 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
- 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

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

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.

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| VITAMIN A
(VITAMIN A ACETATE,
29% BETA CAROTENE) | VITAMIN B6 (PYRIDOXINE
HYDROCHLORIDE) | COPPER |
| VITAMIN C (ASCORBIC ACID) | VITAMIN B12
(CYANOCOBALAMIN) | MANGANESE
CHROMIUM
(CHROMIC CHLORIDE) |
| VITAMIN D (DL-
ALPHA TOCOPHEROL,
ERGOCALCIFEROL) | BIOTIN | MOLYBDENUM
CHLORIDE |
| VITAMIN E (DL-ALPHA
TOCOPHERYL ACETATE) | PANTOTHENIC ACID | POTASSIUM |
| VITAMIN K (PHYTONADIONE) | CALCIUM | BORON |
| THIAMIN (THIAMINE
MONONITRATE) | IRON | NICKEL |
| RIBOFLAVIN | PHOSPHORUS | SILICON |
| NIACIN | IODINE | TIN |
| | MAGNESIUM | VANADIUM |
| | ZINC (ZINC OXIDE) | LUTEIN |
| | SELENIUM | 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

