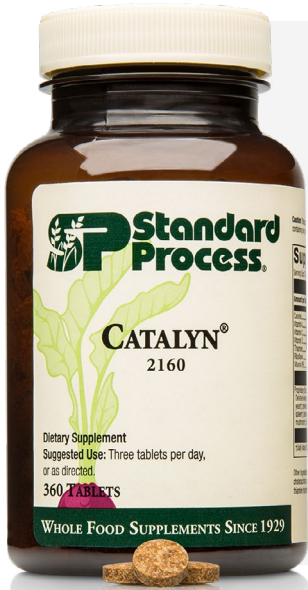


# Catalyn<sup>®</sup>, Catalyn<sup>®</sup> GF, Catalyn<sup>®</sup> Chewable

FOUNDATIONAL  
HEALTH



## BENEFITS OF CATALYN:

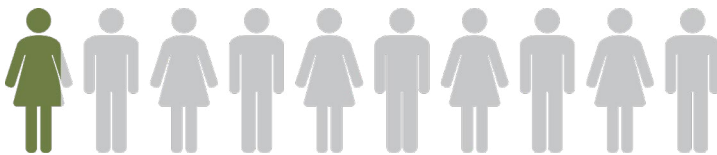
- Supplies multiple vitamins for complex nutritional supplementation
- Designed to help bridge nutritional gaps in the diet
- Encourages healthy cell function\*
- Supports overall well-being\*
- Excellent source of vitamin D, vitamin B<sub>6</sub> and vitamin A
- Good source of thiamin and riboflavin



## A Whole Food Matrix Supports Overall Well-Being\*

According to the 2020-2025 Dietary Guidelines for Americans (DGA), the U.S. populations average intake of fruits and vegetables fall far below the recommended amounts.<sup>1</sup>

In particular, only 9.3% of U.S. adults meet the daily vegetable intake recommendation.<sup>2</sup>



This shortfall can contribute to under-consumed nutrients in the population. For example, the 2020-2025 DGA have reported more than 90% of adults older than age 19 years do not consume enough vitamin D.<sup>1</sup>

## AVAILABLE SIZES:

Catalyn | 90 or 360 Tablets

**Caution:** This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

## Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%

Proprietary Blend 765 mg †  
Defatted wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic alfalfa (aerial parts) juice powder, organic oat flour, organic pea vine juice powder, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, ascorbic acid, modified corn starch, calcium stearate, sucrose, pyridoxine hydrochloride, vitamin A palmitate, thiamin hydrochloride, riboflavin, and cholecalciferol.

Please consult the actual product labels for the most accurate product information

View Catalyn GF (gluten-free) and Catalyn Chewable product labels at [standardprocess.com](https://www.standardprocess.com)

Catalyn, together with healthy diet rich in fruits and vegetables, can help fill the nutrient gap. It was the first product developed by the founder of Standard Process, Dr. Royal Lee, in 1929. It contains several plant-based superfoods such as organic alfalfa and peavine, which are grown on the Standard Process certified organic farm. In addition, it is a source of vital nutrients such as vitamin A, D, and B.

**Non-Dairy:** Formulated to not contain milk or milk-derived ingredients.

**Non-Soy:** Formulated to not contain soy or soy-derived ingredients.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Antioxidants

Vitamin A supports antioxidant activity to protect against free radicals, promote healthy cell functions.<sup>3-5</sup> Vitamin A is also involved in immune function, the normal formation and maintenance of vital organs such as the heart and lungs.<sup>3-5</sup>

## Vitamin D

Individuals with inadequate sun exposure are at risk of vitamin D deficiency.<sup>6</sup> Vitamin D is a fat soluble vitamin that supports bone health and development, cellular function, neuromuscular function, and immune function.<sup>5,7</sup>

## B Vitamins

Catalyn incorporates B vitamins that are vital cofactors for hundreds of biological functions in the body.

- Thiamin (vitamin B<sub>1</sub>) acts as a co-enzyme associated with the metabolism of carbohydrates and amino acids.<sup>8</sup>
- Riboflavin (vitamin B<sub>2</sub>) is converted to its coenzyme forms in most tissues which are involved in many enzymatic reactions in the body including energy production, cellular functions, growth and development.<sup>3</sup>
- Vitamin B<sub>6</sub> in coenzyme forms are involved in more than 100 enzymatic reactions in the body including the synthesis of heme in the red blood cells and neurotransmitters, and the metabolism of carbohydrates and lipids.<sup>3,5</sup>

## Phytonutrients

Phytonutrients are natural, plant-derived compounds that are reported to be beneficial to human health. Catalyn is formulated with several plant-based superfoods like alfalfa, sweet potato, carrots, mushrooms, and peavine, which helps bridge nutritional gaps in the American diet.

The **great majority** of the raw plant ingredients used in our products are grown on our organic and sustainable farm

**Freshly picked crops** are often processed within a day to maintain vital nutrients

We harvest more than **6.5 million** pounds of ingredients on our certified organic and sustainable farm

## Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

## REFERENCES

1. Services USDoAaUSDoHaH. 2020-2025 Dietary Guidelines for Americans. 2020.
2. Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. Disparities in State-Specific Adult Fruit and Vegetable Consumption - United States, 2015. MMWR Morbidity and mortality weekly report. 2017;66:1241-7.
3. National Institute of Health, Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets>
4. Bowman B, Russell R, eds. Present Knowledge in Nutrition. 9th ed. Washington, DC: International Life Sciences Institute; 2006.
5. Wardlaw GM, Hampl JS, DiSilvestro RA. Perspectives in Nutrition. 6th edition. New York, NY: McGraw Hill Higher Education; 2004.
6. Sizar O, Givler A. Vitamin D Deficiency. [Updated 2019 Jun 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2019 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK532266/>.
7. Bikle DD. Vitamin D Metabolism, Mechanism of Action, and Clinical Applications. Chem Biol. 2014 March 20; 21(3): 319–329.
8. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline." 1998, doi:10.17226/6015.