Mannatech
Live for Real
in Europe

A Quick Guide for Evaluating Vitamin and Mineral Supplements

How Real Is Your Vitamin?

To achieve standardised levels of vitamin and mineral ingredients, there are only two sources:

Synthetically Made

Synthetic vitamins are produced chemically in a laboratory and may be made from petroleum or coal tar; they're not in a food form.

Because they are less expensive, most minerals used for supplementation are mined from the ground or manufactured from chemical processes.

Tests have shown that these minerals do not dissolve well (they are not soluble) in either the stomach or small intestine.

Plant-sourced

Naturally sourced vitamins are extracted from foods or plants or are cultured in yeast.

Plants use multiple processes to accumulate minerals from the soil, predigest them and then bond them into a food matrix. Minerals from plants are, therefore, more soluble.

Research suggests that naturally sourced vitamins are easier to absorb and retain than synthetically made vitamins.

Our PhytoMatrix® tablets deliver real food-sourced nutrients!

Do you know where your multivitamin comes from?

More and more people are taking vitamin/mineral supplements, but most people do not know the source, quality or efficacy of the products they take. Mannatech believes that the best vitamin and mineral supplementation should include:

- Naturally sourced vitamins with standardised and properly labelled amounts.
- Plant-sourced minerals at standardised and properly labelled amounts.

Product Information

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Manufacturer's recommended daily intake in the appropriate unit (tablet, capsule, softgel, packet, teaspoon).

Vitamins/Minerals heads the listing of nutrients contained in the supplement followed by daily intake of each.

% EU RDA tells what percentage of the recommended daily allowance for each nutrient is provided by the supplement.

Nutritional Information

Four tablets provide

Vitamins:			**% EU RDA***
Vitamin A	800	µg	100
Vitamin D	5	µg	100
Vitamin E	20	mg	167
Vitamin C	60	mg	75
Vitamin B1	0.7	mg	64
Vitamin B2	0.8	mg	57
Niacin/Niacine	8	mg	50
Vitamin B6	0.9	mg	64
Folic Acid	250	µg	125
Vitamin B12	6	µg	240
Biotin	76	µg	150
Pantothenic Acid	2.8	µg	47
Minerals:			
Iron	2.4	mg	18
Zinc	6.7	mg	67
Copper	0.9	mg	90
Zinc	10	mg	100
Copper	1	mg	100
Chromium	32	mg	80
Molybdenum	44	µg	88
Iodine	60	µg	40

*RDA = Recommended Daily Intake

Milligram (mg) and microgram (mcg or µg) are units of measurement.

INGREDIENTS: Anti-caking agents (calcium phosphate, cross-linked sodium carboxymethyl cellulose, silicon dioxide, magnesium salts of fatty acids, sodium carboxymethyl cellulose), bulking agents (microcrystalline cellulose, soybean lecithin), acerola cherry extract powder, baker's yeast powder, mustard sprout powder, broccoli powder, citrus fruit extract powder, cranberry fruit powder, grape skin extract powder, aloe vera inner leaf gel powder, D-alpha tocopheryl acetate, beta-carotene, dextrin, ergocalciferol, dextrose, cyanocobalamin, acid (sodium citrate).

The list of all ingredients includes nutrients and other ingredients used to formulate the supplement, in decreasing order by weight.

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