

# Of Catalyn®

Recognizing that our bodies take in nutrients in whole food compounds, Dr. Lee reasoned that nutrients kept within their natural and complete, yet concentrated, form could effectively fill any nutritional gap. Avid label readers looking for maximum amounts of a particular nutrient will be disappointed when they examine the label on Catalyn, as they will not find the expected long list of nutrients and accompanying daily value percentages. Dr. Lee's goal was to harness nutrients as they are found in nature—in a whole food state where their natural potency and efficacy are realized.

Catalyn also contains ingredients from animal tissues (organs and glands) such as adrenal, liver, kidney, and spleen. Substances contained in these tissues provide nutrients and support to the corresponding tissues in humans.



## *The History & Principles Of Standard Process*

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, "The quality of a whole food supplement is dependent on the quality of the manufacturing process." This remains the foundation of the Standard Process doctrine today.

Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company's 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available.



800-848-5061  
www.standardprocess.com  
L1025



# The History

Dr. Lee first released Catalyn in 1929. He chose the name Catalyn to reflect the product's catalytic effects, since the vitamin, mineral, and enzyme complexes found in Catalyn work as organic catalysts. Catalyn contains many different vitamins, minerals, enzymes, and trace minerals in their natural state, offering complete and balanced nutritional support.

Catalyn embraces the complete opposite of the "mega-dose" theory of vital nutrient supplementation. Instead of providing large doses of fractionated vitamins or minerals, Dr. Lee chose the more holistic approach of providing nutrients in their natural, whole food state.



## Potency

When nutrients are kept in their complete form during processing, they are not isolated from their natural synergists. For example, vitamin C contains ascorbic acid, but ascorbic acid is only one part of the vitamin C complex. Furthermore, it was known over a half-century ago that attempting to separate nutrients greatly decreases their strength. “Natural forms of vitamins may lose up to 99 percent of their potency when separated from their natural synergists” (*Annual Review of Biochemistry*, p. 381. 1943).



Potency (strength) is an important concept to understand when choosing a nutritional supplement. Potency is commonly equated with Daily Value (DV). The DV only measures the quantity of a single nutrient rather than the completeness of a nutrient complex. Clinical value is related to the completeness of a nutrient complex, not only the quantity of the substance. When nutrients remain intact and are not split from their natural associated synergists—known and unknown, clinical effectiveness is markedly enhanced. Following this hypothesis then, even a small amount of a whole food concentrate will offer superior nutritional support as compared to a synthetic or fractionated vitamin, whose physiological activity may be reduced (*The Vitamins in Medicine, 3rd Ed.* p. 627. 1953).



Dr. Lee believed that trace minerals are important and integral components of nutritional compounds. Trace minerals are present as integral parts of food concentrates in organic combination with and inseparable from the vitamin/mineral complexes and enzyme factors they activate. Dr. Lee created Catalyn in order to include a variety of nutrients in their natural complexes—not a high volume of only two or three.



## Ingredients

As you can see by looking at the pie chart, Catalyn is packed with vital nutrient complexes. These include the vitamins, minerals, and trace elements that you would expect to find in a multiple-nutrient supplement. However, in comparison to the typical daily retail supplement, Catalyn contains a far greater number of nutrients from its many different whole food sources that include enzymes, essential and non-essential amino acids, synergistic cofactors, and unsaturated fatty acids. The following definitions offer a glimpse of the physiological processes these different nutrients are involved with on a daily basis.

### Enzymes

Enzymes are active protein molecules that play an important role in every biochemical process within our bodies. Each enzyme performs a unique function for which no other enzyme can substitute. Enzymes are catalysts, meaning they trigger biochemical reactions in the body. As mentioned earlier, Dr. Lee named Catalyn based on its catalytic influence—an action similar to that of enzymes.\*



### Glandular Support

Catalyn contains bovine adrenal, bovine liver, bovine and ovine spleen, and bovine kidney. Substances from these tissues provide a myriad of specific cell-formed nutrients that offer immediate and long-term benefits. Animal tissues provide active components and associated nutritional factors for the stimulation of corresponding tissues in humans. The associated nutritional factors in the tissues include vitamins, minerals, amino and fatty acids, polypeptides, enzymes, and synergistic cofactors. Support and stimulation for cell and tissue repair comes directly from the animal tissues.\*



- 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

## Essential and nonessential amino acids

Every living cell in every life form contains proteins. Amino acids are the building blocks of proteins. After proteins are consumed, they are broken down during digestion into amino acids that the body then uses to build the specific proteins it needs. Some amino acids come directly from the food we eat (essential amino acids). The remainder is manufactured by the liver (nonessential amino acids). The whole food concentrates in Catalyn provide both types of amino acids ensuring proper protein synthesis.\*



## Unsaturated fatty acids

This type of fatty acid contains some atoms that are joined together by double valence bonds. The structure allows the bonds to be easily split. Essential fatty acids influence hormone production and help maintain healthy skin, nerve tissue, and healthy blood levels to support the cardiovascular and immune systems.\*

## Synergists and cofactors

Synergism among substances means that individually, those substances could not achieve the same effect alone as when they work together. Synergists and cofactors rely on each other to perform their task. For example, amino acids are synergists for vitamins and minerals. Even when vitamins and minerals are ingested and absorbed properly, amino acid presence is required in order for them to be effective.



\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.