



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 manufactured synthetically.

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® caplets deliver real food-sourced nutrients!

Do You Know Where Your Multivitamin Comes From?

These days, more and more consumers now take a vitamin/mineral supplement daily. But most people don't even know the source, quality or efficacy of the products they take. Mannatech's PhytoMatrix supplement includes:

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

