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 intesting.



### 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



# How to Read a

#### COMPLEMENTARY MEDICINE LABEL

### SUPPLEMENT LABEL

TYPICAL NUTRITIONAL INI Berving size 2 ceptets Energy Protein	Per 100 g	Per Serving 83 M	% NRV Per Serving*	Serving size is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet, teaspoonful).		Supplement Facts Serving Size 1 tablet Suggested User Adults, take one tablet per day with meal
Carbohydrotes of which total sugars boat Plat of which caturated fat Detay Fiber Extra Soldium Assmin A (se vitamin A cetate and beta-cardene Atsmin B, Atsmin B, Atsmin B,	45 g 0 g 0 g 0 g 0 g 9 g 900 mg 37,500 µg 125 mg	09 g 0 g 0 g 0 g 10 n 750 µg 2.5 mg	1 1 1 83 208	% Nutrient Reference Value (NRV) and % Daily Value (OV) tells what percentage of the recommended daily intake for each nutrient for adults and children ages 4 and up is provided by the supplement.	٢ <i>/</i>	Amount Per Serving   % Daily Value   Vision
Misoin B, Folio Acid Atamin B, Folio Acid Atamin B,	500 mg 125 mg 10,000 μg 150 μg 3750 μg	10 mg 2.5 mg 200 µg 3 µg 75 µg	63 7 80 179 250	Per 100 g and Per Serving heads the listing of nutrients contained in the supplement, followed by the quantity per 100 grams and in each serving.		Vitamin B <sub>8</sub> 5 mg 259% Foliz acid 450 mcg 100% Vitamin B <sub>7</sub> 6 mog 100% Vitamin B <sub>7</sub> 6 mog 50% Biotin 150 mcg 50% Partothenic Acid 10 mg 100% Calcium 200 mg 20%
Pamothenic Acid Atamin C Atamin D Atamin E Atamin K Dalcium	250 mg 6250 mg 250 µg 3350 mg TE 2000 µg 10,000 mg	5 mg 125 mg = 5 µg 67 mg TE 40 µg 200 mg	100 125 21 447 23 15	Milligram (mg) and microgram (mcg or μg) are units of measurement for vitamins and minerals. A milligram is equal to .001 grams. Α microgram is equal to .001 milliorams.	ls.	Iron 18 mg   1009   Phosphorus 250 mg   229   Iron 18 mg   1009   Selenium 35 msg   509   Magnesium 200 mg   509   Zinc 18 mg   1009   Cooper 2 mg   1009
copper odine on flagnosium flasphorus latenium	100 mg 7500 µg 900 mg 10,000 mg 10,000 mg 1750 µg	2 mg 150 µg 16 mg 200 mg 200 mg 35 µg	100 100 100 48 16 64	The <b>symbol (†)</b> or an <b>asterisk (*)</b> under the Percent NRV or Percent Daily Value heading indicates that a	/.	* Daily Value not established  * Daily Value not established  logeders: Stockium phosphare, calcium carbanare, magnesium calcium acid disagrate sociative of access magnesium femonia para calcium acid programma control programma carbanare, programma carbanare, programma calcium calcium carbanare, c
ico iron RV = Nutrient Reference V NRN not established	790 mg 7900 µg Olue for individua	16 mg 160 μg als 4 years and old	136 †	nutrient Reference Value has not been established.  The list of all <b>ingredients</b> include nutrients		ribodien's codium carbosymenthy futili dice, magneium steines, allocation disease. A accessa pyribodien by factor blodic copper sallest, bilot cacid, both postanism bonic citasis, physosodices, sodium selenate, vitamin 5, vitamin 912.

Nutritional information panels as on Complementary Medicine labels must show the amount of kilojoules (energy), protein, fat, saturated fat, carbohydrates, total sugars, fibre and sodium. Vitamins and minerals added for purposes of supplementation or for which a claim is made must also be declared. The Percent Nutrient Reference Value can optionally be included to indicate the percent NRV per serving.

Supplement Labels (as in the U.S.) must include the same things listed above, but also calories, calories from fat, cholesterol, vitamin A, vitamin C, calcium and iron. The Percent Daily Value for any dietary ingredients for which the FDA has established daily values must also be included.

Companies have some freedom regarding how they present this information. At Mannatech, our expert Regulatory Affairs and Quality Assurance teams work very hard to ensure that what you read on our labels is what you will find in our products. Basically, with us, what you see is what you get.

### GET THE FACTS

Check out the label on our PhytoMatrix caplets; they contain natural vitamins and minerals like vitamin C from acerola fruit extract, magnesium from red algae. No unpronounceable or unrecognisable names here. Become a label reader and you can be more confident in your choices. It's only natural to want the best for yourself and your family.

While a few of our older products may contain small amounts of some synthetic ingredients or additives, Mannatech is working diffigently to refine and improve its entire product portfolio. We ask for your periodic design this time open and the product portfolio and the product portfolio in the product portfolio in the product period to the product period to the product period to the product product period to the period to the



A portion of this capy was sourced from material produced by Proevity Continuing Education Group. Supplement facts labored from: www.cmusa.org/pdfb/CRNLHow\_to\_read\_a\_ds\_label.pdf

Customer Care: 0800-981-117

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