



Ordering Information

Call Customer Service on
0844 800 0018

Email: info@precisionhealth.co.uk
Customer Service Hours:
9am to 5pm
Monday - Friday

13065 Catalyst-C (90 caps)
13066 Catalyst-C (180 caps)

Synergistic Considerations

ReHydration
SpectraMin



Catalyst-C

Catalyst-C is a nutritional supplement containing 14 systemic metabolic and digestive enzymes. It helps maintain:

- Normal, congestion-free gut support
- Healthy digestive function for those compromised by poor diet

The Standard American Diet

The Standard American Diet (SAD) is composed of refined, packaged and preserved, genetically modified, fried, microwaved, and over-processed food. In this type of diet, enzymes, which are naturally found in raw or minimally processed foods, are destroyed—creating an environment for digestive and metabolic stress to occur. Research on the SAD revealed that the average American consumes less than 1/3 of the suggested intake of whole grains and far more total grains than recommended—most from refined sources. SAD studies also showed that people overeat in the meat category by 16% and have 49% more sodium than they should. Additionally, over 23% of the total calorie intake comes from added sugars. As for deficiencies, more than 96% of people do not get the recommended daily amount of fruits and vegetables (falling short by more than 50% of the targeted quantity), and most Americans only get about half of the recommended intake of fiber.

Those indulging in nutrient deficient foods, paired with particular cooking methods commonly used in the SAD, have been linked to serious health implications. These also lead to digestive stress, which translates to internal congestion and toxicity from metabolic waste, and is extremely taxing to the body's proper enzyme balance.

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

Catalyst-C

Why Catalyst-C?

To assist with natural enzymatic maintenance, **Catalyst-C** has been formulated to support a digestive system subjected to a diet similar to the SAD. This is a perfect transitional supplement for individuals seeking to shift into a naturally congestion-free body, both digestively and systemically. It provides assistance for normal proteolysis of excess protein in the form of bromelain and three different pH levels of protease. Glucoamylase, invertase, pectinase, and diastase are included in this formulation to support normal digestion of carbohydrates, starch, and sugar, which would be especially useful in cases of over-indulgence. Other key ingredients include lactase, cellulase, amylase, Alpha-galactosidase and lipase, which will all encourage natural digestive function in people with SAD-like eating habits. **Catalyst-C** helps to develop a congestion-free foundation for natural digestive function.

For long-term maintenance support, we recommend Catalyst-7. In cases of sensitive systems, Catalyst-U provides a protease-free option to maintain digestive health.

Ingredients and Supplement Facts

Amylase – As the main enzyme present in saliva, amylase breaks down starches, polysaccharides, and complex carbohydrates.

Bromelain – A proteolytic enzyme shown to be important in protein lysis regarding digestion, as well as supporting normal tissue maintenance in joints and other soft tissues.

Alpha-Galactosidase – A digestive enzyme that breaks down complex carbohydrates and is especially useful in promoting normal digestion of beans, whole grains, and high-starch meals.

Cellulase – Unlocks nutrients from fiber found in the cell walls of fruits and vegetables that is otherwise indigestible. Cellulase also assists with pre-biotic activity.

Glucoamylase – An enzyme specific to the breakdown of polysaccharides in digestion. This is the enzyme that “finishes the work” of amylase by turning starches and sugars into a biologically usable form of nutrients.

Invertase – An enzyme that plays an important role in breaking down carbohydrates, especially sucrose.

Lactase – One of the most commonly depleted natural enzymes, lactase helps digest milk sugar and has been used to assist with lactase insufficiency.

Lipase – An enzyme with lipolytic activity encouraging proper lipid digestion, which is important to maintaining cell wall integrity in all systems of the body. Also, physiologic fat absorption is linked to the regulation of human gastrointestinal functioning.

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 90		
	Amount Per Serving	%DV
Enzyme Blend	172.27mg	*
Amylase (from <i>Aspergillus oryzae</i>)	5,000 DU [†]	*
Bromelain (from <i>Ananas comosus</i>)	120,000 FCCPU [†]	*
Alpha-Galactosidase (from <i>Aspergillus niger</i>)	80 GalU [†]	*
Cellulase (from <i>Trichoderma reesei</i>)	100 CU [†]	*
Glucoamylase (from <i>Aspergillus niger</i>)	4 AGU [†]	*
Invertase (from <i>Saccharomyces cerevisiae</i>)	151 SU [†]	*
Lactase (from <i>Aspergillus oryzae</i>)	450 ALU [†]	*
Lipase (from <i>Rhizopus oryzae</i>)	200 FCCLU [†]	*
Diastase (from Barley Malt)	50 DP ^{®†}	*
Pectinase (from <i>Aspergillus niger</i>)	10 endo-PGU [†]	*
Protease 3.0 (from <i>Aspergillus oryzae</i>)	4.5 SAPU [†]	*
Protease 4.5 (from <i>Aspergillus oryzae</i>)	15,000 HUT [†]	*
Protease 6.0 (from <i>Aspergillus oryzae</i>)	2,000 HUT [†]	*
Serrazimes [®] -I (from <i>Aspergillus oryzae</i> and <i>Aspergillus melleus</i>)	4,000 U [†]	*

* Daily Value (DV) not established.

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Catalyst-C

Diastase – Effective enzyme for breaking down carbohydrates, starches, and sugars.

Pectinase – This enzyme breaks down pectin, a polysaccharide in plant cell walls.

Protease 3.0, 4.5, and 6.0 – These proteases are formulated with specific pH levels to be most active in particular portions of the digestive tract and also have the ability to withstand the various digestive pH levels so that they may be absorbed in the small intestine and used systemically. Particularly, the stomach's natural pH level is 1.5–3, meaning these proteases can assist with normal digestion in the upper portion of the digestive tract in addition to providing support in the lower, less-acidic portion. The additional proteolysis support assists the standard digestive processes and is useful in high protein intake diets like the SAD. Proteases are helpful systemically for encouraging natural tissue repair processes as well as promoting maintenance of normal tissue function in the cardiovascular system. Protease can help balance body pH in the presence of excessive protein intake and the metabolic processes associated with such dietary habits.

Serrazimes®-I – A proteolytic enzyme system formulated as an alternative to serrapeptase which degrades certain proteins associated with inflammation. It is useful for protein digestion and as a systemic protease to support normal immune and musculoskeletal health.

Other Ingredients:

Rice Flour, Capsules (Hypromellose Methylcellulose, Purified Water)

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