

Cataplex® B

1200 & 1250

Please Copy for Your Patients

Cataplex B Contains Important B Complex Vitamins—B₁, B₃, and B₆

The members of the B-complex family of vitamins work collectively to metabolize fats, proteins, and carbohydrates. They are each singularly responsible for many important physiological processes concerned with both physical and mental health and well-being. Thiamine (vitamin B₁), for example, is responsible for breaking down carbohydrates into simple sugar, which the body then oxidizes to produce energy for all the cells. Niacin (vitamin B₃) is a coenzyme essential for cell respiration, protein and carbohydrate metabolism, and lipid synthesis. Vitamin B₆ (pyridoxine) performs many important regulatory tasks inside the body, but its main responsibility is to break down and synthesize amino acids. Vitamin B₆ regulates and maintains the delicate fluid balance throughout the body, and assists in nervous and musculoskeletal system functions by upholding a proper sodium and potassium balance at the cellular level. While deficiencies of these important B vitamins are uncommon, today's fast-paced lifestyles and lack of nutrients in the diet can lead to insufficiencies, often at times when our bodies require even greater amounts of certain nutrients to meet the body's increased demand.†

How Cataplex B Keeps You Healthy

Supports immune and nervous system function

Vitamin B₆ enhances immune efficiency, aids in antibody production and promotes red cell formation. Both niacin and vitamin B₆ play essential roles in nervous system function. Thiamine improves mental attitude and increases learning efficiency. The B vitamins are thought to be the single most important factor in maintaining the health of nerves.†

Influences cellular health and metabolic efficiency

Vitamins B₁, B₃, and B₆ are the building blocks for essential metabolic processes happening every minute of every day inside our bodies. Thiamine provides energy for cells by breaking down carbohydrates into simple sugar. Niacin is necessary to maintain healthy skin while working to metabolize carbohydrates, fats, and proteins. Vitamin B₆ is required to synthesize the important nucleic acids RNA and DNA, the cells that carry genetic instructions for normal cellular growth and reproduction. Vitamin B₆ assists in the production of hydrochloric acid necessary for digestion and the proper absorption of fats and proteins.†

Maintains a healthy circulatory system

The heart muscle requires thiamine to keep it strong and pumping efficiently. Niacin and vitamin B₆ each have the ability to improve circulation and help maintain healthy cholesterol levels in the blood in individuals with healthy levels. Vitamin B₆ also helps maintain healthy homocysteine levels.†



Introduced in:

1934

Content:

90 Tablets - 1200

360 Tablets - 1250

Supplement Facts:

Serving Size: 2 tablets
Servings per Container: 45 or 180

		%DV
Calories	3	
Thiamine	1 mg	60%
Niacin	20 mg	100%
Vitamin B ₆	1 mg	50%
Potassium	10 mg	<1%

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

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What Makes Cataplex B Unique

Unique Product Attributes

Multiple nutrients from a variety of plant and animal sources

- Extracts from bovine and porcine tissues provide nutrients and support to the corresponding tissues in humans
- Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

Contains nutritional yeast

- Nutritional yeast contains concentrations of B-complex vitamins and is also a source of essential amino acids and enzymes†

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

Exclusive low-temperature, high-vacuum drying technique

- Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- The nutrients in Cataplex B are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Bovine liver, nutritional yeast, porcine duodenum, beet (root), carrot (root), dried beet (root) juice, choline bitartrate, rice (bran), defatted wheat (germ), bovine adrenal, oat flour, soybean lecithin, mixed tocopherols (soy), ascorbic acid, manganese lactate, inositol, and riboflavin.

Other Ingredients: Honey, niacinamide, potassium para-aminobenzoate, calcium stearate, arabic gum, cocarboxylase, and pyridoxine hydrochloride.

Suggested Use: Two tablets per meal, or as directed.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Cataplex® B.

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