

# Cataplex® G

4500 & 4550

Please Copy for Your Patients

## Cataplex G Contains Important B-Complex Vitamins: Riboflavin (B<sub>2</sub>), Niacin (B<sub>3</sub>), and Pyridoxine (B<sub>6</sub>)

The members of the B-complex family of vitamins work collectively to metabolize fats, proteins, and carbohydrates. They are each responsible for many important physiological processes concerned with both physical and mental health and well-being. Riboflavin, for example, is vital for proper growth and the production of usable energy. Niacin is a coenzyme essential for cell respiration, protein and carbohydrate metabolism, and lipid synthesis. Vitamin B<sub>6</sub> performs many important regulatory tasks inside the body, but its main responsibility is to aid in the break down and synthesis of amino acids. Vitamin B<sub>6</sub> also regulates and maintains the delicate fluid balance throughout the body and assists in nervous and musculoskeletal system functions by balancing sodium and potassium levels in cells. While deficiencies of these important B vitamins are uncommon, a lack of nutrients in the diet can lead to insufficiencies that compromise our health when our bodies are in greater demand for these nutrients—often during today's fast-paced lifestyles.†

## How Cataplex G Keeps You Healthy

### Maintains cellular health and supports metabolic efficiency

Vitamins B<sub>2</sub>, B<sub>3</sub>, and B<sub>6</sub> are the foundation for essential metabolic processes happening all the time in every cell of our bodies. Riboflavin is required for cell respiration and red blood cell formation. Niacin helps maintain healthy skin while aiding in the metabolism of carbohydrates, fats, and proteins. Vitamin B<sub>6</sub> is required for synthesis of the nucleic acids RNA and DNA—the molecules that carry genetic instructions for normal cellular growth and reproduction. Vitamin B<sub>6</sub> also assists in the production of hydrochloric acid in the stomach necessary for digestion and the proper absorption of fats and proteins.†

### Keeps the nervous system healthy

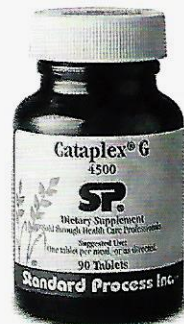
The B vitamins help maintain nerve cell health and provide a soothing influence on the nervous system. Choline helps maintain nerve cell membranes for proper nerve pulse transmission and central nervous system function.†

### Supports normal growth

Research suggests that riboflavin is important for normal growth pattern.†

### Keeps skin and eyes healthy

Riboflavin facilitates the proper oxygen consumption of the skin, nails, and hair.†



**Introduced in:**

1934

**Content:**

90 Tablets - 4500

360 Tablets - 4550

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90 or 360

		%DV
Calories	2	
Vitamin C	6.5 mg	10%
Riboflavin	1.3 mg	80%
Niacin	12 mg	60%
Vitamin B <sub>6</sub>	0.3 mg	15%

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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.



# Cataplex® G

## What Makes Cataplex G Unique

### Unique Product Attributes

#### Multiple nutrients from a variety of plant and animal sources

- Many of the B vitamins help maintain nerve health and provide a soothing influence on the nervous system
- 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†

### Unique Processing

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, porcine stomach, choline bitartrate, calcium lactate, nutritional yeast, defatted wheat (germ), potassium para-aminobenzoate, allantoin, and porcine brain.

**Other Ingredients:** Honey, niacinamide, ascorbic acid, glycerin, riboflavin 5'-phosphate, arabic gum, calcium stearate, and pyridoxal 5'-phosphate.

**Suggested Use:** One tablet 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® G.

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