# Cholaplex Combines B-Complex Vitamins With Iodine to Help Support and Maintain a Healthy Circulatory System

Health care professionals continue to emphasize the need for people in every age group to increase the amount of fresh fruits and vegetables in their diet. One of the reasons they promote this idea so vigorously stems from the fact that these types of foods contain vitamins and minerals essential to numerous metabolic processes inside the body. While Americans as a whole are becoming more and more aware of the need to exercise regularly and make better food choices in order to support healthy levels of cholesterol in their blood, many still neglect to get enough of these important nutrients on a daily basis. This is especially true for older Americans, since the B vitamins become more difficult to absorb as we age. Research suggests that reducing some types of fat in the bloodstream can help keep the circulatory system healthy. The riboflavin, niacin, vitamin B<sub>6</sub>, and iodine in Cholaplex work together to support efficient metabolism of blood fats, including cholesterol in individuals with healthy levels. Riboflavin, from riboflavin 5'-phosphate and organ meats, assists in metabolizing fats and serves as the intermediary in transferring electrons during oxidation-reduction reactions. Vitamin B<sub>6</sub> from pyridoxal 5'-phosphate, organ meats, soy beans, and wheat germ promotes red blood cell formation. Iodine from prolamine iodine (iodine bound to zein, which is corn protein) enhances cardiovascular activity by increasing vascular sensitivity to nerve impulses.†

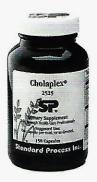
# How Cholaplex Keeps You Healthy

# Promotes healthy blood

The B-complex vitamins and minerals found in Cholaplex complement each other, providing optimal metabolic support to maintain healthy blood. Riboflavin is required to form both red blood cells and antibodies and works as a coenzyme to help metabolize carbohydrates, fats, and proteins. Riboflavin also aids in iron and vitamin B<sub>6</sub> absorption. Iron is needed to make hemoglobin to oxygenate the red blood cells. Niacin promotes good circulation and also assists in metabolizing carbohydrates, fats, and proteins. Niacin helps reduce cholesterol in the blood. Vitamin B<sub>6</sub> joins riboflavin to form red blood cells. Iodine helps metabolize excess fat. Inositol helps remove fat from the bloodstream.†

## Keeps your heart healthy

In addition to exercise, one of the best ways to keep the heart healthy is to improve circulation and keep the arteries that lead to the heart in good condition, so it can receive oxygen and other vital nutrients to function properly.†



Introduced in: 1959 Content: 150 Capsules

# **Supplement Facts:**

Serving Size: 1 capsule Servings per Container: 150

		%DV
Calories	3	
Riboflavin	0.3 mg	20%
Niacin	22 mg	110%
Vitamin B <sub>6</sub>	4 mg	230%
lodine	130 mcg	90%



# Cholaplex<sup>®</sup>

# What Makes Cholaplex Unique

## **Unique Product Attributes**

Cholaplex is a distinctive combination of plant and animal tissue extracts such as collinsonia root, buckwheat leaf and seed, bovine bile salts, choline, and a myriad of unique extracts and nutritional compounds

• This formula helps to support liver function and the action of bile, as well as the metabolism and mobilization of cholesterol for elimination†

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

- · Extracts from bovine, porcine, and ovine 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+

# 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 Cholaplex 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: Collinsonia (root), choline bitartrate, defatted wheat (germ), bovine liver, calcium lactate, dried buckwheat (leaf) juice, buckwheat (seed), porcine stomach, Tillandsia usneoides, purified bovine bile salts, bovine orchic Cytosol™ extract, soy (bean), inositol, soybean lecithin, bovine spleen, ovine spleen, betaine hydrochloride, carrot (root), manganese glycerophosphate, bovine prostate, porcine brain, allantoin, bovine adrenal Cytosol™ extract, bovine orchic extract, oat flour, and ascorbic acid.

Other Ingredients: Gelatin, niacinamide, water, potassium bicarbonate, pyridoxal 5'phosphate, potassium para-aminobenzoate, colors, prolamine iodine (zein), and riboflavin

Suggested Use: One capsule 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 Cholaplex®

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