

# Cataplex® A

## Helps Support Tissue Health, Provides Antioxidants, and Supports the Nervous and Immune Systems

Cataplex A contains the concentrates of the vitamin A complex to help maintain healthy eyes, support a healthy immune system, and work to repair and maintain epithelial tissue—tissue that covers the body and lines its cavities. Cataplex A contains vitamins with their synergistic cofactors plus naturally occurring potassium to support a healthy nervous system. Nutrients found in Cataplex A help maintain proper cellular function through the powerful antioxidant activities of vitamin A. Dietary fiber and vitamin A complex from carrots support proper gastrointestinal function and help the body use protein. Other nutrients in Cataplex A help to maintain healthy tissue and cellular function by supporting various immune cells like interferons and T-cells.†

### How Cataplex A Keeps You Healthy

#### *Maintains and repairs epithelial tissue*

Vitamin A from carrot and alfalfa is necessary for the proper repair and maintenance of epithelial tissue. Skin and mucous membranes are made of this type of tissue. Naturally occurring potassium is intimately involved with controlling the body's water balance and helps support the moisture of the skin.†

#### *Supports healthy eyes*

Vitamin A enhances night vision and helps support eye health.†

#### *Maintains a healthy immune system*

Vitamin A supports a healthy immune system by helping the body address environmental toxins.†

#### *Promotes healthy cellular function*

Components of carrot are thought to promote healthy cellular function by protecting DNA from oxidation. Research suggests that the antioxidant activity in carrots is due to naturally occurring lycopene, alpha- and beta- carotene, and lutein. Vitamin A is a strong antioxidant that protects cells from oxidative damage, caused from environmental toxins. Naturally occurring potassium plays an important role in the chemical reactions that take place in cells.†

#### *Supports healthy nervous system function*

The nervous system requires potassium to operate efficiently and consistently. It is especially important in helping the nervous system transmit electrochemical impulses throughout the body.†

*Please copy for your patients.*



**Introduced in 1934**

**Content:**  
90 tablets

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

**Supplement Facts:**  
Serving Size: 2 tablets  
Servings per Container: 45

	Amount per Serving	%DV
Calories	3	
Vitamin A (as Beta-carotene)	3,000 IU	60%

**Proprietary Blend:** 568 mg

Carrot (root), calcium lactate, defatted wheat (germ), bovine kidney, oat flour, nutritional yeast, rice (bran), magnesium citrate, alfalfa flour, mixed tocopherols (soy), ascorbic acid, and soybean lecithin.

Other Ingredients: Honey, arabic gum, alginate acid, pea starch, beta-carotene (*Blakeslea trispora*), and calcium stearate.

*Two tablets supply approximately: 230 mg carrot powder and 40 mg bovine kidney.*

**Sold through health care professionals.**



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# Cataplex<sup>®</sup> A

## What Makes Cataplex A Unique

### Product Attributes

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

- › Carrot, alfalfa, and rice bran provide naturally occurring vitamin A, antioxidants, other synergistic vitamins, and fatty acids
- › Bovine 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<sup>†</sup>

### 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 byproducts 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

### Manufacturing and Quality-Control Processes

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

- › Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

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

Degreed microbiologists and chemists in our on-site laboratories continually 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

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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<sup>®</sup> A.

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