# Cataplex® C

## Helps Maintain Healthy Immune, Cardiovascular, Musculoskeletal, and Cellular Function

Vitamin C is an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and hematopoietic systems. Vitamin C is supported in these roles by other ingredients of Cataplex C, including veal bone PMG™ extract, dried alfalfa juice, echinacea, and rice bran. These ingredients work together by providing a variety of vitamins, minerals, and amino acids in properly balanced, physiological ratios.†

## How Cataplex C Keeps You Healthy

***Supports immune function***

Research shows that vitamin C may support natural killer cells and lymphocyte division and replication. Vitamin C also provides strong antioxidant protection by protecting cells, including immune cells, from free-radical damage.†

***Maintains healthy muscle and skeletal tissue function***

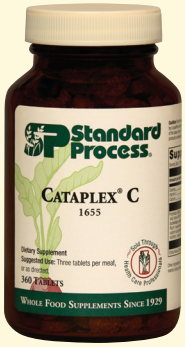
A primary role of vitamin C is to form collagen, the connective tissue that cements the cells of the body together. Vitamin C supports healthy cell regeneration, and veal bone PMG™ extract provides specific amino acids to support skeletal tissue.†

***Keeps your heart healthy***

Vitamin C plays an important role in helping maintain healthy lipid levels. Calcium, also found in Cataplex C, helps maintain healthy normal heart muscle function, as well as normal blood clotting.†

***Provides strong antioxidant protection***

Vitamin C, one of the strongest known antioxidants, plays an integral role in the protection of DNA, proteins, lipids, and carbohydrates from oxidative damage caused by environmental stress. Vitamin C also reinforces and extends the antioxidant activity of other vitamins, participates in metabolism of folic acid, and facilitates iron absorption.†




**Introduced in 1934**

**Content:**
90 tablets
360 tablets

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

**Supplement Facts:**
Serving Size: 3 tablets
Servings per Container: 30 or 120

| | Amount per Serving | %DV |
|---|---|---|
| Calories | 4 | |
| Vitamin C | 17 mg | 25% |
| Calcium | 30 mg | 4% |

**Proprietary Blend:** 595 mg
Veal bone PMG™ extract, bovine adrenal, dried buckwheat (leaf) juice, buckwheat (seed), nutritional yeast, dried alfalfa (whole plant) juice, alfalfa flour, mushroom, magnesium citrate, bovine bone, defatted wheat (germ), calcium acid phosphate, echinacea (root), carrot (root), veal bone, soybean lecithin, mixed tocopherols (soy), and rice (bran).

Other Ingredients: Calcium lactate, honey, acerola (berry), camu camu (berry), manioc (root), calcium stearate, and arabic gum.

*Three tablets supply approximately: 225 mg veal bone PMG™ extract, 80 mg bovine adrenal, and 40 mg buckwheat-leaf juice.*

***Caution:*** *Contraindicated in known allergy to plants of the daisy family.*

**Sold through health care professionals.**

*Please copy for your patients.*

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

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# Cataplex® C

## What Makes Cataplex C Unique

*Product Attributes*

**Ingredients are derived from whole food sources**

- The mushroom powder in Cataplex C is a 50-50 blend of shiitake (*Lentinula edodes*) and reishi (*Ganoderma lucidum*) mushrooms

  *Mushrooms offer valuable support for healthy cell division, immune system function, healthy blood, and cardiovascular health*

- Whole food ingredients combined with veal bone PMG™ extract, dried alfalfa juice, echinacea, and rice bran work together by providing a variety of vitamins, minerals, and amino acids in properly balanced physiological ratios
- Extracts from bovine tissues provide nutrients and support to the corresponding tissues in humans†

*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 C 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® C.*


Carr AC, Frei B. Toward a new recommended dietary allowance for vitamin C based on antioxidant and health effects in humans. *Am J Clin Nutr.* 1999;69(6):1086-1107.

Bsoul SA, Terezhalmy GT. Vitamin C in health and disease. *J Contemp Dent Pract.* 2004 May 15;5(2):1-13.

Food and Nutrition Board, Institute of Medicine. Vitamin C. *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids.* Washington D.C.: National Academy Press; 2000:95-185.

Jacob RA, Sotoudeh G. (2002.)Vitamin C function and status in chronic disease. *Nutr Clin Care.* 2002 Mar-Apr;5(2):66-74.

Weber P, Bendich A, Schalch W. Vitamin C and human health—a review of recent data relevant to human requirements. *Int J Vitam Nutr Res.* 1996;66(1):19-30.

Wintergerst ES, Maggini S, Hornig DH. Immune-enhancing role of vitamin C and zinc and effect on clinical conditions. *Ann Nutr Metab.* 2006;50(2):85-94.




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