

# Cataplex® D

## Supports Bone Tissue and Increases Bioavailability of Calcium

The vitamin D complex found in Cataplex D supplies essential nutrients for maintaining healthy bones, muscle, teeth, and epithelial tissue. Vitamin D plays an important role in cell replication and tissue formation and helps maintain a healthy immune system. The vitamin D in Cataplex D increases the availability and absorption of calcium by all tissues. Vitamin D also helps control blood levels of calcium and phosphate, which work together at the cellular level to supply energy and the materials for growth and repair. Calcium also plays a significant role in the growth process, influencing reproductive health and keeping bones and teeth at the appropriate density for proper growth and maintenance. Vitamin A is essential to the normal growth process and is also supportive of reproductive health.†

## How Cataplex D Keeps You Healthy

### *Builds strong bones and teeth*

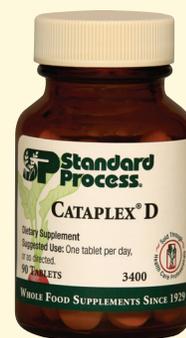
Vitamin D maintains calcium and phosphate levels to ensure correct mineralization of bones. Vitamin D also plays a role in calcium absorption. Vitamin D requires several other nutrients for assimilation, including the calcium and the vitamin A present in Cataplex D. The human body contains more calcium than any other mineral. Almost 90 percent of that calcium is used in the bones and teeth.†

### *Supports normal growth and reproductive health*

Vitamin A is essential to the synthesis of ribonucleic acid (RNA) in its role in the normal growth process. Vitamin A also supports reproductive health by participating in both RNA and protein synthesis. Vitamin A helps support healthy sperm in males and helps support healthy pregnancy in females. Calcium works with phosphorus at the cellular level, reacting with proteins, fats, and carbohydrates to supply energy and the materials for proper growth and repair of cells.†

### *Promotes healthy immune function*

Vitamin D is recognized as fundamental to the development and control of important cells in the immune system, including lymphocytes and macrophages. Vitamin D acts on immune cells, producing a variety of chemical messengers. Adequate levels of vitamin D are required in these processes to maintain the integrity of the immune system.†



Introduced in 1934



**Content:**

90 tablets

**Suggested Use:** One tablet per day, or as directed.

**Supplement Facts:**

Serving Size: 1 tablet

Servings per Container: 90

	Amount per Serving	%DV
Calories	1	
Vitamin A	1,000 IU	20%
Vitamin D	800 IU	200%
Calcium	20 mg	2%

**Ingredients:** Calcium lactate, milk powder, potassium citrate, glycerin, calcium stearate, arabic gum, starch, sucrose (beets), vitamin A palmitate, cholecalciferol, and ascorbic acid.

**Sold through health care professionals.**

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)

†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<sup>®</sup> D

## What Makes Cataplex D Unique

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### Product Attributes

#### Contains cholecalciferol (vitamin D<sub>3</sub>)

- › The most important naturally occurring form of vitamin D

### Manufacturing and Quality-Control Processes

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.

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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> D.

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