

# Cataplex® F tablets

## Essential Fatty Acids Plus Iodine for Thyroid Support

Cataplex F contains flaxseed oil and calcium lactate to support the immune system at a cellular level. Flaxseed oil is the primary health-giving constituent of the flax plant, *Linum usitatissimum*, which has been cultivated since at least 5000 B.C. The health-giving properties of flax were known to the Greeks, and Hippocrates recommended it for the inflammation of mucous membranes.

The omega-3 fatty acids in flaxseed oil are necessary for healthy cell membranes and to transport calcium lactate into white blood cells, where it is used to support cell motility and phagocytosis. Flaxseed oil provides a whole food source of omega-3 fatty acids. The tablet form of Cataplex F also contains iodine for thyroid support.†

## How Cataplex F Keeps You Healthy

### *Supports immune system functions*

Essential fatty acids are important for the proper functioning of the immune system, and some studies indicate that flaxseed oil helps maintain normal immune system function.†

### *Maintains cellular health*

Flaxseed oil contains alpha linolenic acid, which is converted by the body into EPA and DHA. EPA and DHA are necessary for the healthy functioning of cell membranes and maintenance of hair, nails, eye receptor cells, nerves, and brain tissue.†

### *Maintains a healthy flow of blood through the circulatory system*

The alpha linolenic acid in flaxseed oil helps maintain the free flow of blood through the circulatory system, both by affecting a specific clotting-system factor called plasma factor VII and also by affecting the actual clumping of the body's clotting cells, called platelets.†



Introduced in 1934

#### Content:

90 tablets  
360 tablets

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

#### Supplement Facts:

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

	Amount per Serving	%DV
Calories	1	
Vitamin B <sub>6</sub>	0.8 mg	40%
Iodine	95 mcg	60%

#### Proprietary Blend: 275 mg

Calcium lactate, defatted wheat (germ), carrot (root), bovine prostate, bovine liver, magnesium citrate, oat flour, bovine orchic extract, bovine liver fat extract, flaxseed-oil extract, para-aminobenzoate, mixed tocopherols (soy), ascorbic acid, and soybean lecithin.

Other Ingredients: Honey, glycerin, arabic gum, calcium stearate, prolamine iodine (zein), and pyridoxine hydrochloride.

*Each tablet supplies approximately:  
2.4 mg bovine liver-fat extract with naturally occurring unsaturated fatty acids.*

**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.



# Cataplex<sup>®</sup> F tablets

## What Makes Cataplex F Unique

### Product Attributes

#### Contains flaxseed oil

- › A source of omega-3 essential fatty acids

#### Contains iodine

- › For thyroid support<sup>†</sup>

#### Cold pressed

Low-temperature extraction maintains the nutritional quality of fresh flaxseed oil

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

- › Extracts from 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>

### Manufacturing and Quality-Control Processes

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

- › Preserves the enzymatic vitality and nutritional potential of ingredients

#### Not disassociated into isolated components

- › The nutrients in Cataplex F 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> F.

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