

Cataplex® G

Contains Important B Vitamins, Riboflavin (B₂), Niacin (B₃), and Pyridoxine (B₆)

The members of the B-complex family of vitamins are responsible for many important physiological processes concerned with both mental health and physical well-being. B vitamins work collectively to metabolize fats, proteins, and carbohydrates. Separately B vitamins are vital to the body's overall health. Vitamin B₆ is an essential nutrient that supports the healthy functioning of the nervous and immune systems and the formation of red blood cells. Riboflavin contributes to the production of cellular energy, and niacin is a coenzyme essential for cell respiration, protein and carbohydrate metabolism, and lipid synthesis.†

How Cataplex G Keeps You Healthy

Maintains cellular health and supports metabolic efficiency

Vitamin B₆ is involved in the function of several essential chemical reactions in the body, including protein and red-blood cell metabolism. Vitamin B₆ also is required for the synthesis of the nucleic acids RNA and DNA, molecules that carry genetic instructions for normal cellular growth and reproduction. Niacin aids in the metabolism of carbohydrates, fats, and proteins. Riboflavin supports redox reactions that are involved in the metabolism of macronutrients for energy and the synthesis of toxins.†

Keeps the nervous system healthy

Vitamin B₆ is an important precursor of many neurotransmitters including serotonin, dopamine, and norepinephrine—all important to a healthy nervous system.†

Provides antioxidant support

Riboflavin is a component of an enzyme that is involved in the synthesis of glutathione, a powerful antioxidant that is integral to reducing oxidative stress in many cells throughout the body, including the immune cells.†



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	2	
Vitamin C	6.5 mg	10%
Riboflavin	1.3 mg	80%
Niacin	12 mg	60%
Vitamin B ₆	0.3 mg	15%

Proprietary Blend: 278 mg

Bovine liver, porcine stomach, choline bitartrate, calcium lactate, nutritional yeast, defatted wheat (germ), para-aminobenzoate, allantoin, and porcine brain.

Other Ingredients: Honey, niacinamide, ascorbic acid, glycerin, riboflavin 5'-phosphate, arabic gum, calcium stearate, and pyridoxine hydrochloride.

Sold through health care professionals.

Please copy for your patients.

Cataplex[®] G

What Makes Cataplex G Unique

Product Attributes

Multiple nutrients from a variety of plant and animal sources

- › Many of the B vitamins help maintain nerve health and provide a soothing influence on the nervous system
- › Bovine and porcine 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†

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.

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[®] G.

Bender, DA. Novel functions of vitamin B₆. *Proc Nutr Soc*, 1994; 53(3): p. 625-30.

Cervantes-Laurean D, McElvaney NG, Moss J. Niacin. In: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore: Williams & Wilkins; 1999:401-411.

Dakshinamurti, S, Dakshinamurti, K., Vitamin B₆, in *Handbook of Vitamins*, J. Zempleni, Rucker, R.B., McCormick, D.B., Suttie, J.W., Editor. 2007, CRC Press (Taylor & Francis Group): New York. p. 315-359.

Jacob R, Swenseld M. Niacin. In: Ziegler EE, Filer LJ, eds. *Present Knowledge in Nutrition*. 7th ed. Washington D.C: ILSI Press; 1996:185-190.

Leklem, JE, Vitamin B₆, in *Handbook of Vitamins*, L. Machlin, Editor. 1991, Marcel Dekker Inc: New York. p. 341-378.

Mackey, AD, Davis, S.R., Gregory, J.F., Vitamin B₆, in *Modern Nutrition in Health and Disease*, M.E. Shils, Shike, M., Ross, A.C., Caballero, B., Cousins, R.J., Editor. 2006, Lippincott Williams & Wilkins: Philadelphia. p. 452-461.

McCormick DB. Riboflavin. in: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore: Williams & Wilkins; 1999:391-399.

McCormick, DB, Vitamin B₆, in *Present Knowledge in Nutrition*, B.A. Bowman, Russell, R.M., Editor. 2006, International Life Sciences Institute: Washington, D.C. p. 269-277.

Powers HJ. Current knowledge concerning optimum nutritional status of riboflavin, niacin and pyridoxine. *Proc Nutr Soc*. 1999;58(2):435-440.

Rivlin RS. Riboflavin. In: Ziegler EE, Filer LJ, eds. *Present Knowledge in Nutrition*. 7th ed. Washington D.C.: ILSI Press; 1996:167-173.

