

# Congaplex®

## Contains Vitamins A and C, Calcium, and Magnesium for Short-Term Immune Support

Congaplex contains essential vitamins and minerals that support the production and protection of immune cells, along with other nutrients to support healthy energy metabolism and provide antioxidant protection. The immune system is a complex network of organs, cells, and tissues that help defend against microscopic invaders. Since we are regularly exposed to environmental and lifestyle stressors, Congaplex provides the body with the best defense.†

## How Congaplex Keeps You Healthy

### *Contains vitamins A and C, calcium, and magnesium to support immune function*

Essential for immune health, vitamin A supports the formation and differentiation of lymphocytes and helps initiate T-lymphocyte activity. Vitamin A also supports skin and mucosal-cell integrity, which provides a barrier function to protect against cell damage. Research shows that vitamin C may support natural killer cells, plus lymphocyte division and replication. Vitamin C provides strong antioxidant protection by protecting cells, including immune cells, from free-radical damage. Calcium acts as a cell-signaling molecule to trigger T-cell activation. Calcium is also involved in immune-cell differentiation and regulation of cell differentiation. Although the mechanisms remain unclear, research demonstrates a link between immune response and magnesium status, demonstrating that magnesium status is associated with the body's natural inflammatory response.†

### *Provides added protection to bones and cells throughout the body*

Both calcium and magnesium are essential in the maintenance of bone structure and function and also support several enzymatic reactions in the body. Calcium is necessary for blood coagulation, vasoconstriction and vasodilation, nerve-impulse transmission, muscle contraction, hormone secretion, maintenance and function of cell membranes, and membrane permeability. Magnesium supports DNA synthesis, synthesis of the antioxidant enzyme glutathione, and transport of ionizable calcium and potassium across cell membranes.†

### *Supports healthy metabolism, boosts energy*

The B-vitamin complex, found as micronutrients in nutritional yeast and mushroom, is a family of vitamins that work together to support the synthesis of fats, carbohydrates, and proteins for energy. Magnesium-dependent enzymatic reactions also play an important role in metabolizing carbohydrates and fats for energy.†

### *Contains Cytosol™ brand extract to support corresponding immune tissues*

Congaplex contains Cytosol extract from the bovine thymus gland. The thymus is one of the key organs of the immune system. Such extracts support the functions of the thymus.†

*Please copy for your patients.*



**Introduced in 1959**

**Content:**

40 capsules  
150 capsules

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

**Supplement Facts:**

Serving Size: 3 capsules  
Servings per Container: 13 or 50

	Amount per Serving	%DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin A	900 IU	20%
Vitamin C	6 mg	10%
Calcium	80 mg	8%
Magnesium	15 mg	4%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

**Proprietary Blend:** 638 mg

Bovine thymus Cytosol™ extract, carrot (root), ribonucleic acid, bovine bone, nutritional yeast, defatted wheat (germ), bovine adrenal, dried alfalfa (whole plant) juice, oat flour, alfalfa flour, bovine kidney, veal bone, veal bone PMG™ extract, mushroom, dried buckwheat (leaf) juice, buckwheat (seed), rice (bran), soybean lecithin, mixed tocopherols (soy), and carrot oil.

Other Ingredients: Calcium lactate, gelatin, magnesium citrate, water, ascorbic acid, colors, calcium stearate, arabic gum, starch, sucrose (beets), and vitamin A palmitate.

Three capsules supply approximately: 530 mg calcium lactate, 120 mg bovine thymus Cytosol™ extract, and 60 mg ribonucleic acid.

**Sold through health care professionals.**



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

# Congaplex®

## What Makes Congaplex Unique

### Product Attributes

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

- › Alfalfa contains a variety of vitamin and mineral complexes vital to the function of the immune system
- › Adrenal glands, kidney, and bovine bone provide nutrients that give nutritional support to the corresponding organs in humans
- › The bone marrow pre-processes lymphocytes
- › The veal bone PMG™ extract supports the function of the bone marrow
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

#### The calcium lactate in Congaplex is a pure-vegetable source of calcium

- › Not derived from a dairy source

### 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 Congaplex 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 Congaplex®.

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