

# Cataplex<sup>®</sup> D

3400

Please Copy for Your Patients

## Cataplex D Contains Vitamin D Complex, Vitamin A, and Calcium to Support Bone Tissue and Increase 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. It also helps control blood levels of calcium and phosphate, which together, work 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, with almost 90 percent 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. It also supports reproductive health by participating in both RNA and protein synthesis. Vitamin A helps support healthy sperm in males and helps support a 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 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

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90

		%DV
Calories	1	
Total Fat	1 g	2%*
Vitamin A	1,000 IU	20%
Vitamin D	400 IU	100%
Calcium	20 mg	2%

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

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

# Cataplex® D

## What Makes Cataplex D Unique

### Unique Product Attributes

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

- The most important naturally-occurring form of vitamin D†

### Unique Processing

#### Not disassociated into isolated components

- The nutrients in Cataplex D are processed to remain intact, complete nutritional compounds

#### Degreed microbiologists and chemists in our on-site laboratories constantly 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

*Dr. 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 synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

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

**Suggested Use:** One tablet per day, or as directed.  
**Sold to health care professionals.**

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® D.

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