

# Cataplex® F Tablets

4150 & 4200

Please Copy for Your Patients

## Cataplex F Contains the Vitamin F Complex (Essential Fatty Acids From Flaxseed Oil) and Bovine Liver Fat Extract

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, *L. usitatissimum*, which has been cultivated since at least 5,000 B.C. Its health-giving properties were known to the Greeks, and Hippocrates recommended it.

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 vegetarian, whole-food source of omega-3 fatty acids. The tablet form of Cataplex F also contains extra 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 in several ways. First, it affects a specific clotting system factor called plasma factor VII. Second, it affects the actual clumping together of the body's clotting cells, called platelets.†



### Introduced in:

1934

### Content:

90 Tablets - 4150

360 Tablets - 4200

### Supplement Facts:

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

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

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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® F Tablets

## What Makes Cataplex F Unique

### Unique Product Attributes

#### Contains flaxseed oil

- Provides a plant source of omega-3 essential fatty acids

#### Contains iodine

- For thyroid support†

#### Cold-pressed in low temperatures

- 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†

### 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 by-products 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

### Unique Processing

**Upon harvesting, nutrient-rich plants are immediately washed and promptly processed**

- Preserves nutritional integrity

#### Exclusive 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 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.*

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

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

**Other Ingredients:** Honey, glycerin, arabic gum, calcium stearate, prolamine iodine (zein), and pyridoxal 5'-phosphate.

**Suggested Use:** One tablet per meal, 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® F.

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