

# Cataplex® B

## Cataplex B Contains Important B-Complex Vitamins for Physical and Mental Health

The members of the B-complex family of vitamins work collectively to metabolize fats, proteins, and carbohydrates. They are each singularly responsible for many important physiological processes concerned with both physical and mental health and well-being. Thiamine (vitamin B<sub>1</sub>), for example, is responsible for breaking down carbohydrates into simple sugar, which the body then oxidizes to produce energy for all the cells. Niacin (vitamin B<sub>3</sub>) is a coenzyme essential for cell respiration, protein and carbohydrate metabolism, and lipid synthesis. Vitamin B<sub>6</sub> (pyridoxine) performs many important regulatory tasks inside the body, but its main responsibility is to break down and synthesize amino acids. Vitamin B<sub>6</sub> also supports the synthesis of neurotransmitters and hemoglobin.

While deficiencies of these important B vitamins are uncommon, today's fast-paced lifestyles and lack of nutrients in the diet can compromise us, often at times when our bodies require even greater amounts of certain nutrients to meet the body's increased demand.†

## How Cataplex B Keeps You Healthy

### Supports nervous system function

Both niacin and vitamin B<sub>6</sub> play essential roles in nervous system function. Vitamin B<sub>6</sub> is an important precursor of many neurotransmitters, including serotonin, dopamine, and norepinephrine. The B vitamins are thought to be the single most important factor in maintaining the health of nerves.†

### Influences cellular health and metabolic efficiency

Vitamins B<sub>1</sub>, B<sub>3</sub>, and B<sub>6</sub> are the building blocks for essential metabolic processes happening every minute of every day inside our bodies. Thiamine provides energy for cells by breaking down carbohydrates into simple sugar. Niacin is necessary to metabolize carbohydrates, fats, and proteins. Vitamin B<sub>6</sub> supports the formation and function of red blood cells.†



Cataplex® B

Introduced in: 1934

Content:

90 Tablets

360 Tablets

### Supplement Facts:

Serving Size: 2 tablets

Servings per Container: 45 or 180

		%DV
Calories	3	
Thiamine	1 mg	60%
Niacin	20 mg	100%
Vitamin B <sub>6</sub>	1 mg	50%

**Proprietary Blend:** Bovine liver, nutritional yeast, porcine duodenum, defatted wheat (germ), carrot (root), beet (root), dried beet (root) juice, oat flour, choline bitartrate, rice (bran), bovine adrenal, para-aminobenzoate, soybean lecithin, mixed tocopherols (soy), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.

**Other Ingredients:** Honey, niacinamide, calcium stearate, arabic gum, cocarboxylase, and pyridoxine hydrochloride.

**Suggested Use:** Two tablets per meal, or as directed.

Sold through health care professionals.



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## What Makes Cataplex B Unique

### Product Attributes

Multiple nutrients from a variety of plant and animal sources

- ▶ 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†

Contains nutritional yeast

- ▶ Nutritional yeast contains concentrations of B-complex vitamins and is also a source of essential amino acids and enzymes†

### 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 Cataplex B 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 our's food ingredients. See the supplement facts for Cataplex® B.

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McCormick CB, Wilmore B, in: Bowmer SA, Russel TM, eds. *Present Knowledge in Nutrition*. 1st ed. Washington, D.C. International Life Sciences Institute, 2008: 269-277.

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