

# Cataplex® A-C-P

## Combines Vitamin C With Vitamin A and Vitamin P Complex to Achieve Optimal Nutritional Benefit

The lack of vitamin C in the diet and its effects on human health dates back centuries to ancient Greece, Egypt, and Rome. Recorded health complaints and symptoms matched accounts from sailors in the 1500s who lacked fresh fruits and vegetables while on long ocean voyages and developed the same symptoms and chronic conditions. These symptoms, later referred to as a condition called scurvy, were found to completely resolve when foods such as citrus fruits and vegetables were introduced into the diet. Over the years, a growing body of research has revealed that the powerful impact vitamin C has on the human body extends far beyond the earlier association with scurvy, a disease that is virtually nonexistent in the United States. One of the many benefits of this water-soluble antioxidant is its natural ability to protect other antioxidants that might not be water soluble and are more vulnerable to oxidative damage. The vitamin A found in Cataplex A-C-P is protected by the vitamin C, while the vitamin P complex enhances the absorption of vitamin C, resulting in a formula positioned to deliver maximum bioavailability.†

## How Cataplex A-C-P Keeps You Healthy

### *Maintains skeletal health*

The primary skeletal-health role of vitamin C is to form collagen—the material that cements the cells of the body together and plays a primary role in all tissue growth and repair. Vitamin A is needed to synthesize RNA, which is essential to the normal growth process.†

### *Encourages healthy skin*

The collagen generated by adequate amounts of vitamin C is also needed to maintain healthy skin. The vitamin P complex, also known as bioflavonoids, is often used to maintain capillary stability. Vitamin A helps support delicate epithelial tissue through proper protein synthesis.†

### *Enhances immune response*

Vitamin C increases immune response in some cell lines. Both vitamin A and the vitamin P complex also help support and maintain the immune system.†

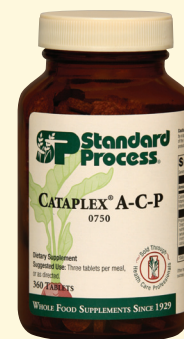
### *Keeps your eyes healthy*

Vitamin A helps our eyes adapt to darkness. Adequate amounts of vitamin A are also needed to keep many of the parts of the eye healthy. The vitamin P complex also helps support eye health.†

### *Supports a healthy heart*

Both vitamin C and the vitamin P complex work to maintain healthy cholesterol levels in the blood in individuals with healthy levels.†

*Please copy for your patients.*



Introduced in 1956

#### **Content:**

90 tablets  
360 tablets

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

#### **Supplement Facts:**

Serving Size: 3 tablets

Servings per Container: 30 or 120

	Amount per Serving	%DV
Calories	4	
Vitamin A	2,250 IU	45%
Vitamin C	17 mg	30%

#### **Proprietary Blend:** 810 mg

Dried buckwheat (leaf) juice, buckwheat (seed), carrot (root), calcium lactate, nutritional yeast, bovine adrenal, bovine kidney, alfalfa flour, dried alfalfa (whole plant) juice, magnesium citrate, mushroom, bovine bone, echinacea (root), defatted wheat (germ), oat flour, soybean lecithin, veal bone, calcium acid phosphate, mixed tocopherols (soy), rice (bran), and carrot oil.

Other Ingredients: Honey, ascorbic acid, calcium stearate, arabic gum, starch, sucrose (beets), and vitamin A palmitate.

*Three tablets supply approximately:  
250 mg buckwheat-leaf juice and  
buckwheat-seed flour.*

**Warning:** Women who are pregnant, may become pregnant, or are lactating should limit their intake of vitamin A (retinol) and use vitamin A products only as directed by a qualified health care professional. Consumption of large amounts of vitamin A (retinol) has been linked to serious health problems.

**Caution:** Contraindicated in known allergy to plants of the daisy family.

**Sold through health care professionals.**



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# Cataplex<sup>®</sup> A-C-P

## What Makes Cataplex A-C-P Unique

### Product Attributes

#### Combines synergistic and complementary vitamin complexes

- › To provide superior support to a multitude of physiological systems not found in single-nutrient products

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

- › 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<sup>†</sup>

### 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 A-C-P 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 Cataplex<sup>®</sup> A-C-P.

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Additional references available upon request.

