

Cataplex® F Perles

A Whole Food Source of Omega-3 Fatty Acids

Flaxseed oil is the primary health-giving constituent of the flax plant, *Linum usitatissimum*, which has been cultivated since at least 5000 B.C. The health-giving properties of flax were known to the Greeks, and Hippocrates recommended it for inflammation of the mucous membranes. Flaxseed oil provides a whole food source of omega-3 fatty acids.†

How Cataplex F Keeps You Healthy

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 proper 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 maintains the free flow of blood through the circulatory system, both by affecting a specific clotting-system factor called plasma factor VII and also by affecting the actual clumping of the body's clotting cells, called platelets.†

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.†



Introduced in 1938



Content:

60 perles

Suggested Use: One perle per meal, or as directed.

Supplement Facts:

Serving Size: 1 perle

Servings per Container: 60

	Amount per Serving	%DV
Calories	3	
Vitamin B ₆	2 mg	100%

Proprietary Blend: 348 mg

Flaxseed oil, bovine liver-fat extract, flaxseed-oil extract, and bovine orchic extract.

Other Ingredients: Gelatin, glycerin, beeswax, water, pyridoxine hydrochloride, and carob.

Sold through health care professionals.

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

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



Cataplex[®] F Perles

What Makes Cataplex F Unique

Product Attributes

Cold pressed

- › Low-temperature extraction maintains the nutritional quality of fresh flaxseed oil

Multiple nutrients from a variety of plant and animal sources

- › Flaxseed oil provides a source of omega-3 essential fatty acids
- › 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[†]

Does not contain iodine

- › Ideal for the iodine-sensitive person

Packaged in perles, not sold in bulk

- › Protects against oxidation and retains the integrity of the fragile fresh oil

Manufacturing and Quality-Control Processes

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 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[®] F.

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