Cataplex® G

Cataplex G Contains Important B Vitamins, Riboflavin (B₂), Niacin (B₃), and Pyridoxine (B₆)

The members of the B-complex family of vitamins are responsible for many important physiological processes concerned with both mental health and physical well-being. They work collectively to metabolize fats, proteins, and carbohydrates and separately they are vital to the body’s overall health. Vitamin B₆ is an essential nutrient that supports the healthy functioning of the nervous and immune systems and the formation of red blood cells. Riboflavin contributes to the production of cellular energy and niacin is a coenzyme essential for cell respiration, protein and carbohydrate metabolism, and lipid synthesis.†

How Cataplex G Keeps You Healthy

Maintains cellular health and supports metabolic efficiency
Vitamin B₆ is involved in the function of several essential chemical reactions in the body including protein and red blood cell metabolism. It also is required for the synthesis of the nucleic acids RNA and DNA, molecules that carry genetic instructions for normal cellular growth and reproduction. Niacin aids in the metabolism of carbohydrates, fats, and proteins. Riboflavin supports redox reactions that are involved in the metabolism of macronutrients for energy and the synthesis of toxins.†

Keeps the nervous system healthy
Vitamin B₆ is an important precursor of many neurotransmitters including serotonin, dopamine, and norepinephrine—all important to a healthy nervous system.†

Provides antioxidant support
Riboflavin is a component of an enzyme that is involved in the synthesis of glutathione, a powerful antioxidant that is integral to reducing oxidative stress in many cells throughout the body, including the immune cells.†
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.

What Makes Cataplex G Unique

Product Attributes

Multiple nutrients from a variety of plant and animal sources

- Many of the B vitamins help maintain nerve health and provide a soothing influence on the nervous system
- 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†

Manufacturing and Quality Control Processes

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

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