

# Cataplex® E<sub>2</sub>

## Provides Powerful Antioxidant Protection to Enhance Immunity and Cellular Health

Large bodies of animal and human research strongly suggest the need to increase antioxidants in our daily diet. Vitamin E and selenium are powerful antioxidants that support tissues throughout the body and, together, help the health of several organs like the heart, lungs, and liver. Some vitamins provide greater benefit for the body when they partner with other vitamins and minerals. Vitamin E is one such vitamin that works synergistically with selenium, a trace mineral. While each substance is fully capable of neutralizing harmful free radicals on its own, research strongly suggests that their combined efforts yield even greater health benefits. Both vitamin E and selenium share the primary responsibility of preventing lipid oxidation. Together, they also enhance immune function by reducing free radicals and by assisting in antibody production. Selenium intensifies vitamin E absorption, thereby increasing their combined influence on maintaining cellular health.†

## How Cataplex E<sub>2</sub> Keeps You Healthy

### *Provides strong antioxidant defense*

The free radicals generated by the body in response to exposure to various stresses are important to the immune arsenal. However, when free radicals are generated in excess, they can cause severe damage to normal tissues and healthy cells. Antioxidants are substances that neutralize free radicals by attaching to their free electrons. By inhibiting excessive free-radical proliferation, antioxidants like selenium and vitamin E help detoxify and protect the body from free-radical damage.†

### *Maintains cellular health*

Vitamin E promotes healthy cellular membranes by helping to prevent oxidation of their protective coating. Selenium, in addition to its primary role as a strong antioxidant, seems to play an additional role in boosting DNA repair mechanisms, while at the same time, slowing down the rate of cell mitosis.†

### *Enhances immune function*

The chain of events caused by unchecked free-radical generation leads to miscoding of genetic information. Even a small change in protein structure within the cells can cause the immune system to identify those cells as foreign objects and attack them in an attempt to destroy these mutated structures. This breakdown in cellular communication weakens the immune system. Selenium and vitamin E work together to control free-radical damage and help protect the immune system.†

*Please copy for your patients.*



**Introduced in 1949**

**Content:**

90 tablets  
360 tablets

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

**Supplement Facts:**

	Amount per Serving	%DV
Serving Size: 2 tablets		
Servings per Container: 45 or 180		
Calories	3	
Vitamin E	4 IU	15%
Selenium	9 mcg	10%

**Proprietary Blend:** 477 mg

Bovine orchic extract, calcium lactate, *Tillandsia usneoides*, bovine spleen, ovine spleen, inositol, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

Other Ingredients: Honey, arabic gum, selenium yeast, mixed tocopherols (soy), and calcium stearate.

**Sold through health care professionals.**

**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.



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# Cataplex<sup>®</sup> E<sub>2</sub>

## What Makes Cataplex E<sub>2</sub> Unique

### Product Attributes

#### Vitamin E<sub>2</sub> is a specific fraction of the vitamin E complex

- ▶ A natural phospholipid concentrate only found associated with the chromatin in animal tissue<sup>†</sup>

#### 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<sup>†</sup>

### 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 E<sub>2</sub> 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

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> E<sub>2</sub>.

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