

Cataplex® F tablets

Essential Fatty Acids Plus Iodine for Thyroid Support

Cataplex F contains flaxseed oil and calcium lactate to support the immune system at a cellular level. 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 the inflammation of mucous membranes.

The omega-3 fatty acids in flaxseed oil are necessary for healthy cell membranes and to transport calcium lactate into white blood cells, where it is used to support cell motility and phagocytosis. Flaxseed oil provides a whole food source of omega-3 fatty acids. The tablet form of Cataplex F also contains iodine for thyroid support.[†]

How Cataplex F Keeps You Healthy

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.[†]

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 healthy 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 helps maintain 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.[†]



Introduced in 1934

Content:

90 tablets

360 tablets

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

Supplement Facts:

Serving Size: 1 tablet

Servings per Container: 90 or 360

	Amount per Serving	%DV
Calcium	1	
Vitamin B ₁₂	0.8 mcg	40%
Iodine	95 mcg	60%

Proprietary Blend: 275 mg  

Calcium lactate, defatted wheat germ, carrot juice, bovine prostate, bovine liver, magnesium citrate, cat flax, bovine orotic extract, bovine liver fat extract, flaxseed oil extract, para-aminobenzoate, mixed tocopherols (veg), ascorbic acid, and capsaicin lectin.

Other Ingredients: Honey, glycerin, acacia gum, calcium stearate, potassium iodide (salt), and pyridoxine hydrochloride.

Each tablet supplies approximately:
2.4 mg bovine liver-fat extract with naturally occurring unsaturated fatty acids.

Sold through health care professionals.

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

 Standard Process

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