



HEALTHY THYROID SUPPORT



**Features of Cataplex E:**

- Supports cells and cell processes as well as healthy thyroid function\*
- Provides ingredients with antioxidant activity
- Supports cell signaling and regulation of gene expression
- Excellent source of vitamin E and selenium\*

## Supporting the Antioxidant System

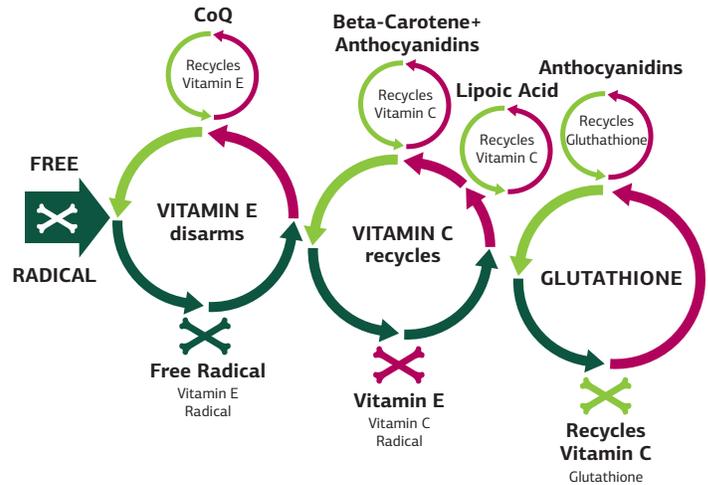
Cataplex E supports the body’s internal antioxidant system with a blend of ingredients that work together to defend the body from excess free radical generation:

- Selenium is a constituent of the selenoprotein glutathione peroxidase.<sup>1</sup>
- D-alpha tocopherol (Vitamin E), the portion of antioxidants found within cell walls.<sup>2</sup>
- Plant-derived phenolic compounds from dry pea vine juice help reduce radicals missed by the rest of the endogenous antioxidant system.<sup>3</sup>
- The liver and spleen from bovine contain a high concentration of naturally occurring selenium and selenium containing enzymes (glutathione peroxidase).<sup>4</sup>

In humans, most biological functions require oxygen and the generation of free radicals. Other mechanisms — such as metabolizing toxic compounds, defending from pathogens, and exposure to environmental stressors — generate free radicals. If left unchecked, free radicals are able to disrupt healthy cell structures, interfere with DNA replication, and damage bio-molecules which can lead people into a state of inflammation known to further the progression of health challenges.<sup>5</sup> The body balances this oxidative stress with a well-supported antioxidant system that neutralizes radicals before they inflict excess damage.<sup>6</sup>

## NOTES

**FIGURE 1.** Antioxidant recycling within the body.<sup>7</sup>



## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45 or 85

	Amount per Serving	% Daily Value
Vitamin E	3.3mg	22%
Selenium	11mcg	20%
Proprietary Blend	510mg	
† Bovine orchic extract, inositol, organic pea vine juice powder, ribonucleic acid, bovine adrenal, organic beet (root), oat four, bovine spleen, ovine spleen, para-aminobenzoate, bovine liver, manganese lactate, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Honey, selenium yeast, d-alpha tocopherol (vitamin E sunflower), starch, arabic gum, and calcium stearate.

## Available Sizes:

- Cataplex E 90 Tablets
- Cataplex E 360 Tablets

Please consult the actual product label for the most accurate product information

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

## Supporting Cell Signaling and Regulation of Gene Expression

Cataplex E contains selenium and inositol — each are involved in the body's cell signaling for hormones specific to the thyroid.<sup>8</sup>

Signaling between cells, gene expression, and regulation are necessary for the body to adapt to changing environments and carry out nearly all biological functions.<sup>9</sup>

## Supporting a Healthy Thyroid

Cataplex® E contains a mix of active ingredients that support a healthy thyroid system.

The thyroid's main function is to secrete thyroid hormone — a key regulator of metabolic rate and protein synthesis. Additionally, the thyroid plays a role in calcium homeostasis. The thyroid must be balanced — too much thyroid hormone or too little are problematic.<sup>10</sup>

Maintaining an adequate supply of nutrients that support the thyroid help support proper thyroid activity.

- Inositol is a carbocyclic precursor to phoinositide synthesis.<sup>11</sup> It is heavily involved with cell signaling hormones specific to the thyroid.<sup>12</sup>
- Selenium-containing proteins are an essential step in the activation of thyroid hormone. Selenium-dependent antioxidants preserve the integrity of thyroid hormone exposed to hydrogen peroxide radicals, as is common when there is excess stimulation of thyroid hormone.<sup>13</sup>

## REFERENCES

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We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.