

# Cataplex® B and Cataplex® B-GF



**FOUNDATIONAL  
SUPPORT**



## Features of Cataplex B:

- Supports physical and nervous system health\*
- Supports a healthy heart
- Stimulatory to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells
- Supports healthy cholesterol levels already within a normal range
- Contains B-complex vitamins to support healthy muscle action
- Supports healthy homocysteine levels
- Excellent source of niacin, thiamin and vitamin B<sub>6</sub> \*

Cataplex B and Cataplex B-GF (gluten-free) contain vitamins from the B-complex family including Vitamin B<sub>6</sub>, Thiamin (vitamin B<sub>1</sub>), Niacin (vitamin B<sub>3</sub>) and choline in a whole food matrix to support metabolism and energy production. The B vitamins play an essential role in the release of energy to the cells. Cataplex B also supports cardiovascular and central/peripheral nervous systems.\* Cataplex B's food matrix contains organic beets, carrots, sweet potatoes. It also includes nutritional yeast, defatted wheat, and animal desiccates that contain vitamins.

Niacin and thiamin were both discovered due to deficiency disorders pellagra and beriberi. Even though these deficiencies are now rare, the need for the B Complex to support a busy lifestyle is still relevant.

## Vitamin B<sub>6</sub>

Vitamin B<sub>6</sub> is an enzymatic co-factor required for more than 140 biochemical reactions. It is involved in hemoglobin synthesis, fat metabolism, carbohydrate metabolism, and

conversion of protein to glucose.<sup>1,2</sup> Vitamin B<sub>6</sub> is a coenzyme for the production of dopamine and serotonin that supports healthy homocysteine levels. A small study (n=22) of healthy older adults indicated that supplementing vitamin B<sub>6</sub> may help to lower fasting homocysteine levels.<sup>3</sup>

## Niacin (vitamin B<sub>3</sub>)

Niacin is something of a general term that includes nicotinic acid and nicotinamide. Niacin is a coenzyme for over 400 reactions and also involved in the metabolism of protein, carbohydrates, and fats.<sup>4,5</sup> Early research is indicating a link between nicotinamide and neuronal health.<sup>6</sup> Niacin, as nicotinamide adenine dinucleotide (NAD), serves to donate ADP which controls cellular actions including DNA repair, replication, and transcription.<sup>1</sup>

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Thiamin	1 mg	83%
Niacin	20 mg	125%
Vitamin B6	1 mg	59%
Choline	10 mg	2%
Proprietary Blend	545 mg	†
Bovine liver, organic beet (root), nutritional yeast, porcine duodenum, defatted wheat germ, organic carrot, organic sweet potato, rice bran, bovine adrenal, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.		

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamin hydrochloride, and pyridoxine hydrochloride.

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†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamine hydrochloride, pyridoxine hydrochloride, and water.

## Available Sizes:

- Cataplex B 180 Tablets
- Cataplex B 360 Tablets

- Cataplex B-GF 360 Tablets

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

## NOTES

## DOSAGE AM

## PM

\*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.

## Thiamin (vitamin B<sub>1</sub>)

Thiamine, the first B vitamin to have been discovered, is essential through the diet with no endogenous synthesis. It is a co-enzyme associated with the metabolism of carbohydrates and proteins.<sup>1,4</sup> Thiamin plays a role in nervous system function as it is thought to activate chloride transport and is involved in nerve impulse transmission by regulating sodium channels.<sup>1</sup>

## Synergistic Product Support

- Black Currant Seed Oil
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Folic Acid B<sub>12</sub>
- E-Z Mg™

**FIGURE 1.** Vitamin B Recommended Daily Allowance<sup>7</sup>

	Female (over 18 years)	Male (over 18 years)	Female (51+ years)	Male (51+ years)	Female (Pregnancy)	Female (Lactation)
Vitamin B6	1.3 mg	1.3 mg	1.5 mg	1.7 mg	1.9 mg	2.0 mg
Niacin	14 mg NE	16 mg NE	14 mg NE	16 mg NE	18 mg NE	17 mg NE
Thiamin	1.1 mg	1.2 mg	1.1 mg	1.2 mg	1.4 mg	1.4 mg

Recommended Dietary Allowance (RDA): Average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy individuals; often used to plan nutritionally adequate diets for individuals.

## REFERENCES

1. Fattal-Valevski, Aviva. Journal of Evidence-Based Complementary & Alternative Medicine, vol. 16, no. 1, 2011, pp. 12–20., doi:10.1177/1533210110392941.
2. Hellmann, H., & Mooney, S. (2010). Molecules (Basel, Switzerland), 15(1), 442–459. doi:10.3390/molecules15010442
3. Mckinley, Michelle C, et al. The American Journal of Clinical Nutrition, vol. 73, no. 4, 2001, pp. 759–764., doi:10.1093/ajcn/73.4.759.
4. Gropper, Sareen Annora Stepnick, et al. Advanced Nutrition and Human Metabolism. Cengage Learning, 2018.
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6. Fricker, R. A., Green, E. L., Jenkins, S. I., & Griffin, S. M. (2018). International journal of tryptophan research : IJTR, 11, 1178646918776658. doi:10.1177/1178646918776658
7. "Office of Dietary Supplements - Niacin." NIH Office of Dietary Supplements, U.S. Department of Health and Human Services, ods.od.nih.gov/factsheets/Niacin-HealthProfessional

More than  
**80%**  
of the raw plant ingredients used in our products are grown on our organic and sustainable farm

**Freshly picked crops** are often processed within a day to maintain vital nutrients

We harvest more than  
**6.5M**  
pounds of ingredients on our certified organic and sustainable farm

## Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

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.