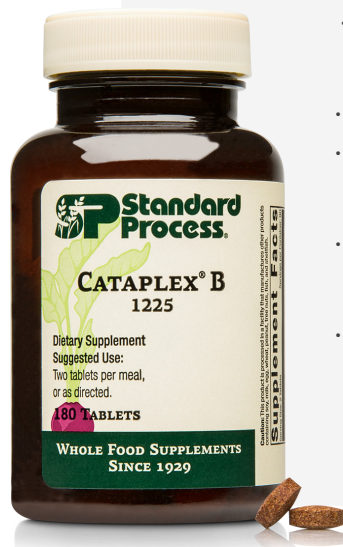


Cataplex® B and Cataplex® B-GF

FOUNDATIONAL
SUPPORT



BENEFITS OF CATAPLEX B:

- Supports overall health and nervous system health*
- Provides essential nutrients for the metabolic, cardiovascular, and nervous systems
- Supports energy production/metabolism
- Supports a healthy heart by helping maintain healthy homocysteine levels already within a normal range
- Contains B vitamins to support energy production during physical activity or exercise*
- Excellent source of thiamin, niacin, and vitamin B₆

Cataplex B and Cataplex B-GF (gluten-free) are excellent sources of thiamin (vitamin B₁), niacin (vitamin B₃), and vitamin B₆. These B vitamins play essential roles in the metabolism of macronutrients (i.e. carbohydrates, protein, fat) for energy production in the body. Cataplex B also supports cardiovascular and nervous system health.* In addition, Cataplex B contains organic beets, carrots and sweet potatoes. Thiamin and niacin were discovered due to deficiency disorders pellagra and beriberi. Even though these severe deficiencies are now rare in the United States, these B vitamins remain important for overall health.

Vitamin B₆

Vitamin B₆ is an enzymatic co-factor required for more than 140 biochemical reactions, including hemoglobin synthesis, fat metabolism, and carbohydrate metabolism.^{1,2} Vitamin B₆ is also involved in the biosynthesis of neurotransmitters such as dopamine and serotonin, and in maintaining healthy homocysteine levels associated with cardiovascular health.¹

AVAILABLE SIZES:

Cataplex B | 180 or 360 Tablets

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 90

	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, acacia gum, thiamin hydrochloride, and pyridoxine hydrochloride.

Contains: Wheat.

Cataplex B-GF | 360 Tablets

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 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, rice bran, porcine duodenum, organic carrot, organic sweet potato, bovine adrenal, sunflower lecithin, 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, pyridoxine hydrochloride, and water.

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

Niacin (vitamin B₃)

Niacin is the generic term for nicotinic acid, nicotinamide, and related derivatives.¹ Its metabolically active forms, the coenzyme nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP) are required for more than 400 enzymatic reactions in the body. They include the metabolism of protein, carbohydrates and fats, and critical cellular functions such as gene expression.¹

*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.

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Thiamin (vitamin B₁)

Thiamin is involved in the metabolism of carbohydrates and branched-chain amino acids to provide energy for the body and cells — especially in the brain and nervous system.^{1,3}

Synergistic Product Support

- Black Currant Seed Oil
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Folic Acid B₁₂
- E-Z Mg™

FIGURE 1. Recommended Daily Allowances¹

Age	Female (over 18 years)	Male (over 18 years)	Female (51+ years)	Male (51+ years)	Female (Pregnancy)	Female (Lactation)
Vitamin B ₆	1.3 mg	1.3 mg	1.5 mg	1.7 mg	1.9 mg	2.0 mg
Niacin [^]	14 mg	16 mg	14 mg	16 mg	18 mg	17 mg
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. It is often used to plan nutritionally adequate diets for individuals.

[^]RDAs for niacin as mg of niacin equivalents (NE). 1 NE = 1 mg niacin or 60 mg of tryptophan (which can be converted to niacin in the body)

The **great majority** 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 **6.5 million** pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Planet. 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.

REFERENCES

1. National Institute of Health, Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets>
2. DRI, dietary reference intakes for thiamin, riboflavin, niacin, vitamin B, folate, vitamin B₁₂, pantothenic acid, biotin, and choline. Washington, D.C.: National Academy Press; 1998.
3. Wardlaw GM, Hampl JS, DiSilvestro RA. Perspectives in Nutrition. 6th edition. New York, NY: McGraw Hill Higher Education; 2004