*New product: Cataplex B-Core*

The new Cataplex B-Core is one of those “everyone-should-take-this” products.

Between today’s over-processing of grains to our very prevalent digestive issues, most people don’t get enough B-complex vitamins. What’s worse, many of our patients are taking synthetic B vitamins from dubious sources (coal tar, anyone?), in an attempt to correct their deficiencies. We are obliged to explain to our patients that B vitamins do not occur in isolation in nature – we HAVE to get them from whole food sources!

Cataplex B-Core includes many of these B vitamins, plus one you won’t find on the label: vitamin B-4. This is what Dr Royal Lee described as “the anti-paralysis” vitamin, but since it can’t be isolated from B-1, it has not been studied and sanctioned for use by allopathic medicine or the nutraceutical industry.

Nonetheless, think about your patients that are feeling sapped of energy all the time: they may be deficient in vitamins B-1 and the elusive B-4. Their muscles ache, they may have cardiovascular issues, and although they are tired all the time, they may not sleep well. Give them 2-3 Cataplex B-Core per day and watch what happens! It’s made from liver, beets, and other foods that they might not normally eat.