



# A Healthy Start

*Our bodies are remarkable, efficient, and intricately-designed living beings that require thousands of different nutrients and compounds to support and maintain their daily function. In today's diet, we lose many of nature's nutrients through food processing and refining even before we buy our food, and even more are lost during the cooking process. Add a hectic lifestyle to the mix and it can leave the body short on nutrition but high on calories. The following products made from whole food concentrates are formulated to help the body support and maintain good health.*

**Catalyn**<sup>®</sup> Believing that the most powerful and efficient approach to vitamin and mineral supplementation lies in capturing nutrients in their natural forms, Dr. Royal Lee, our founder, created Catalyn in 1929. This powerful and diverse concentrate contains important vitamins, minerals, enzymes, and trace minerals in combination with their naturally-occurring synergistic cofactors, which are easily assimilated. Dr. Lee chose the name Catalyn for this product because the vitamin and mineral complexes in Catalyn work, in effect, as organic catalysts. Catalyn serves as the foundation product upon which all nutritional programs follow, stimulating and supporting both the physiological and the biochemical processes inside the human body.\*

**Zypan**<sup>®</sup> Zypan contains betaine hydrochloride to provide the foundation for healthy gastric hydrochloric acid production. Zypan also contains proteolytic enzymes in combination with pancreatin, primarily supporting the digestion and absorption of proteins. Pancreatin also contains amylase and lipase—necessary for the appropriate break down and absorption of carbohydrates and fats. Proper digestion helps vital nutrients reach and nourish cells throughout the body.\*

**Symplex<sup>®</sup> F and Symplex<sup>®</sup> M** The Protomorphogen™ brand extracts found in both Symplex F and Symplex M enhance the healthy functioning of the human adrenal, thyroid, and pituitary gland and reproductive organs. These glands support healthy normal hormone production to help regulate cardiovascular and muscle function, central nervous system response to stress, energy production, basal metabolism, and protein synthesis.\*

**Livaplex**<sup>®</sup> The liver is intimately involved with multiple bodily processes. Livaplex is primarily a liver support product that works to promote healthy enzyme production in the liver. These enzymes help the body naturally convert potentially-harmful substances into less toxic compounds. One of the functions of a healthy liver is to break down toxins, thus promoting healthy blood flow.\*



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**Chlorophyll Complex™ (Perles)** Chlorophyll is found in all photosynthetic organisms, including green plants. Chlorophyll is remarkably similar in structure to hemoglobin, the oxygen-carrying pigment found in red blood cells. Chlorophyll contains the fat-soluble vitamin complexes of A, E, F, and K. These vitamins are vital for the normal function and integrity of epithelial tissues; normal calcium and phosphorus metabolism; and the synthesis of healthy blood clotting factors and prothrombin. Chlorophyll provides the nutrients necessary to manufacture hormone precursors and strengthen cellular membranes—making them more resistant to free radical and microorganism attack. It can also help the body address the aging process.\*

**The following MediHerb products also help maintain good health.**

**Fe-Max Iron Tonic Phytosynergist<sup>®</sup>** The unique blending of six herbs (Codonopsis, Nettle leaf, Ashwaganda, Vervain, Licorice, and Ginger) with vitamins and iron provides a potent, blood-supporting tonic. The herbs Codonopsis, Nettle leaf, Ashwaganda, and Vervain have traditionally been used for enhanced well-being. They each contain properties to support healthy blood. Licorice, Ginger, and vitamins B and C enhance the absorption and assimilation of the herbs and the iron.\*

**Withania Complex** The herbs found in Withania Complex provide strong, consistent support to the body as it addresses everyday physical and emotional stress. These herbs collectively support the nervous and immune systems, help maintain mental and physical performance, promote overall well-being, and enhance vitality and stamina. Withania Complex is a multi-purpose tablet formulated to help the body and mind meet the challenges of daily living.\*

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

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