

# A Brief Description of Products and Their Uses

In response to many requests, and to allow you to better play a role in your own nutrition program, the following is a brief description of products. These products have been used very successfully by thousands of doctors, with millions of patients, over the course of five decades.

These products are 100% natural, made from raw organic materials. For the most part, the descriptions list only the most important nutrients found in each product. *Health Alert* (formerly NF/NL) discussions of these products are noted by Volume number (Vol.) and Issue number (#).

**1. CATAPLEX ACP:** One of our most successful products for people with poor immune function. These are people with chronic illness, colds, lymph node swelling, infections, ear infections in infants, female infections, etc. CATAPLEX ACP is also used to help people promote blood vessel strength. It is an anti-infection, anti-stroke, anti-bruising product. Its ingredients are vitamins A, C, and bioflavonoids from buckwheat, alfalfa, carrot, mushroom, beef kidney, and bone marrow. We frequently use this product in conjunction with CALCIUM LACTATE and THYMEX. Vol. 1:#2, 5; Vol. 2:#4; Vol. 5:#12; Vol. 11:#1; Vol. 12:#8

**2. AF BETAFOOD:** This product is used to help thin the bile and promote better liver and gall bladder function. We have used it with thousands of people to help them control cholesterol and triglycerides, and digest fats better. Poor fat digestion causes nausea, gas, bloating and cramps. Its ingredients are vitamin A in a base of unsaturated fatty acids (vitamin F), combined with Betafood (dehydrated green beet leaf juice). We frequently use this product in conjunction with ZYPAN. Vol. 1:#8; Vol. 6:#6; Vol. 12:#8

**3. ALLERPLEX:** This is a combination nutrient we use with great success with people who suffer from allergies. Its ingredients include vitamin A, B, C, calcium, iron, tillandsia, fenugreek, betaine hydrochloride, potassium, carbamide, wheat germ, buckwheat juice, alfalfa, and extract of lung, liver and kidney. It has proven helpful to people with asthma and lung problems. Vol. 12:#1

**4. ARGINEX:** This is a kidney detoxifying product. Containing the enzyme arginase, we have great success with this product for people with kidney problems, fluid retention, and high blood pressure.

**5. CATAPLEX B:** One of our top ten products. Used to help people improve nerve and muscle function, to improve heart function, provide better digestion, and emotional stability. It is an absolute must for anyone with emotional problems, chronic fatigue, exhaustion, stress, postpartum depression, fatigue after eating, slow heart rate, edema, poor muscle tone, hypoglycemia, or diabetes. It may be the single most common deficiency in America (vitamin B deficiency), and it is probably needed for eight out of ten children. It plays a powerful role in emotions and should be instituted for any child with emotional problems, or who is suspected of having suicidal tendencies. Its ingredients include a vitamin complex containing vitamin B1 and other B vitamins with naturally associated factors found in yeast, cereal germ, beet juice, and liver. Vol. 1:#8; Vol. 3:#7; Vol. 4:#8; Vol. 6:#7; Vol. 7:#3; Vol. 10:#1; Vol. 11:#5, 9, 11; Vol. 12:#3, 6

**6. B-6 NIACINIMIDE:** This is a nutritional yeast product, rich in niacin and vitamin B-6. It also contains liver concentrate. It is used to help those people suffering from arthritis and heart problems. It is often used in combination with BETACOL.

**7. BETACOL:** This product has earned an enviable reputation when used to help people with arthritis, and/or stiffness. It contains tillandsia, liver extract, betaine hydrochloride, calcium lactate, vitamins B and C, adrenal extract, and more. Betacol is a liver detoxifier. It contains the "anti-stiffness factor" named after Dr. Wulzen. Vol. 12:#8

**8. BIO-DENT:** This is a raw bone product containing manganese and vitamin B12. It is excellent for people with any kind of teeth or gum problems, or people with arthritis, bone and joint problems, osteoporosis, and herpes. Vol. 12:#5

**9. BIOST (OSTOGEN):** This is a raw veal bone calcium product which we use to help people with dental problems, arthritis, gum disease, bone repair, and carpal tunnel syndrome. BIOST is made from raw veal bone.

**10. CATAPLEX C:** This product may be the most powerful "anti-oxidant" product available. Anti-oxidants protect your body from damage within caused by poisons, toxins, and poor digestion. CATAPLEX C is also a strong immune enhancer. Its ingredients include vitamins C, A, B, and P (bioflavonoids) as well as calcium, organic copper, yeast, buckwheat leaf juice, alfalfa juice, echinacea, veal bone, and adrenal extract. Vol. 3:#5, 9; Vol. 4:#3

**11. CAL-AMO:** This is an acidifying product of calcium and ammonium chloride. For people who chronically hyperventilate, and suffer from bursitis, arthritis, food and environmental sensitivities, edema, and radiation therapy, this product is often very helpful. Vol. 11:#2

**12. CALCIFOOD WAFERS:** This product is used to help people with dental or bone and joint problems. CALCIFOOD WAFERS supply raw, cold sterilized veal bone, containing calcium, phosphorus, and other materials. Vol. 10:#9; Vol. 11:#10

**13. CALCIUM LACTATE:** Our most successful calcium and magnesium product. This form of calcium is most easily digested and utilized by the body. It is used to help people improve their muscle function (including heart graphs), and to improve calcium content in all cells, including the skin and mucus membranes. It is extremely helpful to people with fever sores, canker sores, herpes, female infections, and poor skin. It is essential to children, and helps children who are constantly nervous, fidgety, or who run fevers. We routinely use CALCIUM LACTATE and CATAPLEX ACP with children who run fevers with remarkable results. The ratio of calcium to magnesium (5:1) in this product has proven time and again to be correct. Most problems with calcium (kidney stones, etc.) are a result of poor metabolism of calcium, often due to a poor calcium product. This is the finest calcium product on the market. We frequently use this product in conjunction with CATAPLEX F and CATAPLEX ACP. Vol. 2:#4, 6, 11; Vol. 3:#5, 8; Vol. 5:#2, 8; Vol. 6:#1, 6; Vol. 7:#4; Vol. 9:#9; Vol. 11:#5

**14. CAL-MA PLUS:** This is a product used occasionally to help people with arthritis who cannot get results with any other product. It is calcium lactate, magnesium, and parathyroid tissue extract.



**15. CARDIO-PLUS:** This is probably our most utilized and successful product. It serves for heart nutrition, and has proven its effectiveness by improving heart graphs within minutes of ingestion. It is used to help people with any type of heart problem, high blood pressure, heart failure, and in particular (often in high dose) with angina pains. CARDIO-PLUS is actually four products in one. It is CARDIOTROPHIN, vitamin G (riboflavin-rich B-vitamin complex), vitamin C and vitamin E2 (vitamin E with selenium). It also contains calcium, choline, liver extract, spleen extract, tillandsia, wheat germ, potassium, yeast, and adrenal extract. It is not unusual for people with severe disease to literally "get up out of bed" after a month of CARDIO-PLUS. We frequently use this product in conjunction with CHLOROPHYLL PERLES, MIN-TRAN, and CATALYN. *Vol. 11:#5, 6, 9, 11; Vol. 12:#3*

**16. CARDIOTROPHIN:** This product is used in the nutritional care of the heart. Its ingredient is vacuum-processed extract of heart. CARDIOTROPHIN makes up about one quarter of CARDIO-PLUS.

**17. CATALYN:** This remarkable product is an all-around vitamin supplement. It was first produced in 1930, and is the most time-honored product produced by Standard Process Labs. CATALYN contains a "little of everything." We often use this product in conjunction with CARDIO-PLUS, MIN-TRAN, and CHLOROPHYLL PERLES.

**18. CHEZYN:** This is a zinc product. It is helpful to those individuals with poor immune function. It is also recommended to men suffering from prostate problems. On occasion, it is used to help women with skin and menstrual problems. It is a safe, balanced zinc product containing zinc, iron, copper, liver extract, vacuum dried beet root juice, and some vitamin A, B, C, and calcium. *Vol. 3:#10, 12; Vol. 5:#10; Vol. 10:#4, 7; Vol. 12:#6*

**19. CHLOROPHYLL PERLES:** Chlorophyll is the supreme source of magnesium. This product is used to help people with heart problems, and those suffering from a magnesium deficiency. Chlorophyll is a natural internal cleanser, and has been proven helpful to people suffering from intestinal and colon problems. Chlorophyll is helpful as a source of prothrombin, and is thereby an aid to people with blood clotting problems. It should be utilized by anyone undergoing surgery, and its fat-soluble vitamin content makes it a strong sexual hormone precursor (helps people with reduced sex drive). We use it to help men and women with reproductive problems (female problems with women and prostate problems in men). CHLOROPHYLL PERLES are made from extract of sesame seeds, alfalfa, tillandsia, buckwheat, and other plant sources. This product is one of the only sources of raw chlorophyll produced in America. We often use this product in conjunction with CATALYN, MIN-TRAN, and CARDIO-PLUS. *Vol. 2:#7; Vol. 3:#8; Vol. 4:#6; Vol. 5:#1; Vol. 6:#6, 8; Vol. 7:#5; Vol. 10:#9; Vol. 12:#1, 2*

**20. CHOLAPLEX:** This product has been used successfully to help people with high cholesterol levels. It is six products in one, with portions of AF BETAFOOD, CATAPLEX B, BETACOL, CALCIUM LACTATE, CYRUTA-PLUS, and ZYMEX in each capsule. (Other products described in this form.)

**21. CHOLINE:** This is a type of B vitamin known to improve the utilization of fats and cholesterol in the body. It prevents fats from accumulating in the liver. We use it to help people with cholesterol and triglyceride problems. Current research has shown CHOLINE to be helpful to people suffering mental problems and Alzheimers.

**22. CIRCUPLEX:** This product is used to help people with circulation problems. It is recommended for these people if they have normal to low blood pressure. Those individuals with circulation problems with high blood pressure would do better to use CARDIO-PLUS. CIRCUPLEX is a remarkable product indeed. It contains over 10 nutritional products in one nutritional complex. In part, it contains vitamin B, niacin, RNA, buckwheat leaf juice, spleen, liver, and adrenal extracts, phosphoric acid, calcium lactate, vitamin C, potassium, and magnesium.

**23. CONGAPLEX:** This remarkable product has been utilized successfully to help people with chronic colds, infections, and immune deficiencies. It is a combination of CATAPLEX ACP, CALCIUM LACTATE, and THYMEX (all described in this form). *Vol. 10:#6; Vol. 12:#1*

**24. CYRUTA-PLUS:** This product has been deemed the anti-stroke vitamin. CYRUTA-PLUS is an extract of buckwheat that is high in vitamin C, inositol, and bioflavonoids. We use it to help people with weak blood vessels, migraine, and those people who have had a stroke. In laboratory tests, it has proven to reduce secondary strokes up to 75%. *Vol. 2:#2; Vol. 7:#1; Vol. 11:#8*

**25. DIAPLEX:** This product is used to help people who have problems with sugar metabolism (diabetes, hypoglycemia). It is a truly remarkable product, made from over 20 nutrients making up one nutritional complex. It contains betaine hydrochloride, extract of pancreas, liver, spleen, kidney, and adrenal, pancreatin, vitamins A, B, C, chromium, iodine, niacin, vacuum dried buckwheat juice, alfalfa, calcium lactate, vacuum dried beet leaf juice, magnesium, pepsin, potassium, inositol, tillandsia, vitamin E, and flaxseed oil extract. *Vol. 6:#11*

**26. DRENAMIN:** This product is used with people under stress. It is one of the most useful products, and is really three products (ORGANIC MINERALS, CATAPLEX C, and DRENATROPHIN) in one nutritional complex. We use this product very often to help people who suffer from stress, are run-down, debilitated, or exhausted. It contains adrenal extract, organic minerals, and vitamins B and C. It also contains wheat germ, calcium lactate, nutritional yeast, vacuum dried buckwheat juice, choline, liver concentrate, magnesium, veal bone, vitamin E, and more. *Vol. 11:#7*

**27. DRENATROPHIN:** This is a vacuum-processed extract of adrenal gland. It is used for people with problems due to stress, hypoglycemia, or prolonged illness. We use it to help strengthen their adrenal function. DRENATROPHIN makes up approximately one quarter of the products SYMPLEX M and SYMPLEX F.

**28. CATAPLEX E-2:** This product is used to help people with heart and circulatory problems. It is a natural vitamin E derived from vegetable oils, combined with an extract of beef material which contains selenium. When combined with CATAPLEX G, it is used to aid people with heart and angina problems. CATAPLEX E-2 makes up approximately one quarter of CARDIO-PLUS. It is the supreme "anti-angina" product. *Vol. 1:#2; Vol. 11:#8, 9*

**29. CATAPLEX F TABLETS:** One of the most useful products, and one which is discussed frequently in *Health Alert*, this may be one of the most lacking nutrients in the American diet. Deficiencies of vitamin F are common. We use this product to help people with all kinds of skin conditions, thyroid dysfunction (including functional hypothyroid), menstrual problems, poor hair, and elevated blood fats (including cholesterol and triglycerides). It is one of our most useful products, and it is frequently needed by individuals who suffer from canker sores, herpes, psoriasis, sexual, and prostate problems. CATAPLEX F contains vitamin F, B6, iodine, liver fat extract, calcium lactate, flaxseed oil extract, and more. We frequently use this product in conjunction with CALCIUM LACTATE. *Vol. 2:#7, 8, 10, 11; Vol. 3:#8; Vol. 5:#7; Vol. 6:#7, 10; Vol. 11:#5; Vol. 12:#6, 11*



- 30. FLAX OIL:** This product could probably be utilized by almost everyone. It serves as a tonic, supplying large amounts of vitamin F, all other fat-soluble vitamins (including vitamin E), minerals, and beta-carotene. Many people feel this is a supreme oil, and many experts feel it is one of the strongest anti-cancer foods on earth. The OMEGAFLO flax oil we use is the only flax oil we can be sure is processed correctly. *Vol. 6:#5, 6; Vol. 7:#8, 9; Vol. 10:#5; Vol. 11:#12*
- 31. FOLIC ACID-B12:** This is a folic acid product which also contains vitamin B12 and intrinsic factor for help in absorption of B12. Folic acid is now proven to prevent birth defects (especially spina bifida), and has been shown to reduce the incidence of heart attack and stroke by 30%. It is also critical for people with anemia, nerve problems (like neuritis, neuralgia, and neuropathy), and chronic fatigue. *Vol. 11:#4, 10; Vol. 12:#11*
- 32. FORTIL B-12:** This product has been referred to as the fountain of youth. It is a strong hormone precursor (provides the raw materials from which your body makes hormones). We use this product for those people who lack good hormone production (poor sex drive, etc.), those with anemia, who are becoming senile, who suffer from impotency, and with poor breast development in females under age 18. FORTIL B-12 is made from tillandsia (Spanish moss), and contains vitamin B-12, tillandsia, calcium lactate, wheat germ, magnesium, and spleen extract. *Vol. 10:#10*
- 33. CATAPLEX G:** This is a superior product that makes up approximately one-fourth of CARDIO-PLUS. It is a B-complex nutrient that is particularly riboflavin rich. We use this product for people with heart problems, night sweats, burning feet, redness of the hands and eyes, digestive distress, cracks in the corners of the mouth, red tongue, cracks on the tongue, spasms, and with children who suffer from hyperactivity. It contains over a dozen nutrients, the main ones being riboflavin, vitamins C and B, choline, calcium lactate, liver concentrate, yeast, wheat germ, magnesium, and more. *Vol. 1:#2; Vol. 10:#3*
- 34. GASTREX:** This truly remarkable product is made from natural colloidal silica from volcanic ash, with bentonite clay and a host of digestive substances. It serves to absorb waste from your digestive system and eliminate it. It will absorb several hundred times its weight in toxins. It is like a miracle for ulcer sufferers, those with colitis, gastritis, heartburn, food poisoning, or chronic indigestion.
- 35. CATAPLEX GTF:** This remarkable product is used primarily to help those people with hypoglycemia or diabetes. It is also helpful to individuals who suffer from morning sickness, or who have low HDL-cholesterol. CATAPLEX GTF is a high-chromium yeast product, and it helps the body to use zinc. Its main ingredients are chromium, vitamins A, B, C, and niacin. It also contains pancreas and liver extract. We frequently utilize this product in conjunction with DIAPLEX and CHEZYN. *Vol. 2:#2, 6; Vol. 3:#2, 10; Vol. 4:#2; Vol. 6:#11; Vol. 12:#6*
- 36. HEPATROPHIN:** This is a liver extract product. We use it to help people suffering from liver disease, liver congestion, poor liver function, water-balance problems, and poor hormone function. It is often needed to help women with hormonal and menstrual difficulties. It is made from liver extract. We often use this product in conjunction with FLAX OIL and SYMPLEX F or SYMPLEX M.
- 37. IMMUPLEX:** This is a combination product containing vitamins A, B, B6, B12, C, E, folic acid, calcium, copper, chromium, selenium, and zinc, with liver, raw bone, spleen, and thymus gland extracts. It bears an enviable reputation in helping people with immune system problems.
- 38. IPLEX:** This product contains more than 30 nutrients that have demonstrated to be helpful to those with vision problems. It is also helpful to those with autoimmune disease of the eye like uveitis. *Vol. 11:#3; Vol. 12:#4, 11*
- 39. LACT-ENZ:** This is our acidophilus product which also contains bifidobacterium in a base of pancreatic enzymes. It is used to help rebuild the normal flora of the gut before, during, and after antibiotics, or with candida or general gut flora problems.
- 40. LACTIC ACID YEAST:** This product is used to help people with poor gut function. It helps develop the proper "flora" (microorganisms in the gut). It is made from nutritional yeast, and whey. *Vol. 1:#3*
- 41. LIGAPLEX-2:** This product contains a host of nutrients, including manganese glycerophosphate, raw bone, omega-3 fatty acids, and many vitamins and minerals proven to help people with degenerative joint problems. All the nutrients known to help regenerate joint tissues (muscle, ligaments, tendons, etc.) are included in this product.
- 42. LIVAPLEX:** We use this remarkable product to help people who need to detoxify. It provides strong liver support, and helps people suffering from skin problems, digestive problems, etc. This product contains vitamins A, B, niacin, iron, iodine, zinc, copper, extract of liver, kidney, and adrenal, Spanish black radish, beet leaf juice, tillandsia, betaine hydrochloride, choline, potassium, flaxseed oil, and more. *Vol. 11:#3*
- 43. MIN-TRAN:** This is a calcium and magnesium formula that is rich in organic minerals. We use this product to help people suffering from stress, hypertension, insomnia, menstrual cramps, low back pain, and general stress-related exhaustion. It is made from kelp and alfalfa, and contains over 40 trace elements by assay. It is a powerful and much-used product. We often use this product in conjunction with CATALYN, CHLOROPHYLL PERLES, and CARDIO-PLUS. *Vol. 3:#11; Vol. 5:#5; Vol. 6:#6; Vol. 10:#8*
- 44. MULTIZYME:** This is a digestive enzyme product which is helpful to people who suffer from poor digestion due to enzyme deficiency. It is a combination of ZYPAN (without the betaine hydrochlorine) with enzymes from figs and almond bran. *Vol. 11:#2*
- 45. NEUROPLEX:** This is a combination product containing nutrients known as "foods" for the brain, nervous system and nerves. It contains a variety of vitamins and minerals with extracts of hypothalamus, brain, anterior pituitary, spleen, and liver.
- 46. NIACINIMIDE B-6:** This product is rich in niacin and vitamin B6. It also contains spleen, stomach, and liver extracts, as well as calcium lactate. It bears an enviable reputation when used to help people with circulation, emotional problems, depression, and schizophrenia.
- 47. OKRA-PEPSIN E3:** This product contains okra leaf and root powder combined with the enzyme pepsin. This product is used to help those people with ulcers, colitis, and any gastrointestinal tract irritation. (Formerly Comfrey-Pepsin E3.) *Vol. 12:#1, 2*
- 48. ORCHEX:** This product is used to help people who are undergoing a change of life, who are over irritable or depressed, and those with high blood pressure, high blood fats (including cholesterol and triglycerides), poor appetite, personality disorders, etc. ORCHEX is a sex-gland extract product that contains vitamin B, spleen extract, liver concentrate, and more.



**49. ORGANIC IODINE:** This product is used to help people with hot flashes, thyroid dysfunction, poor body secretions, chronic viral infections, fibroid tumors, tremors, and ligament weakness. It is only used sparingly, and contains mostly iodine, with some calcium lactate and magnesium. *Vol. 2:#7; Vol. 12:#5, 10*

**50. ORGANIC MINERALS:** This product is an excellent source of organic potassium. ORGANIC MINERALS comprises about one third of DRENAMIN. We use it to help people under stress, those who are constantly sighing, who are breathless, or who have a constant dry mouth or tachycardia. It is made from kelp and alfalfa. This is a superior product that has been helpful to people suffering from heartbeat problems. *Vol. 10:#8; Vol. 11:#9, 11; Vol. 12:#3*

**51. PROSTATE:** This is a prostate gland extract used to help people with prostate problems (including benign prostatic hypertrophy), night urination, dribbling, low back pain, loss of sex drive, and constipation. We use this product in conjunction with CHEZYN, CATAPLEX F, FLAX OIL, and SYMPLEX M. *Vol. 1:#4; Vol. 6:#6; Vol. 10:#10*

**52. PROTEFOOD:** This is an animal and vegetable source of amino acids. We use PROTEFOOD to help people with hypoglycemia, debilitation, chronic fatigue, muscular weakness, weight loss, and those people who may be on low protein diets, or those who are body-builders. *Vol. 10:#9*

**53. RENATROPHIN:** This product is a kidney extract used to help people with high diastolic (the second number) blood pressure, edema, and poor kidney function.

**54. RNA:** This is an RNA (ribonucleic acid) product made from yeast. We use it to help people with hypothyroid symptoms, emaciation, senility, loss of memory, poor resistance, and poor glandular function. *Vol. 1:#2*

**55. SESAME SEED OIL (CATAPLEX T):** This is a raw sesame oil product. We use this to help people who suffer from low platelets, have poor immune function, chronic viral infections, histamine reactions, and mental problems. *Vol. 1:#5*

**56. DESICCATED SPLEEN:** This is a vacuum dried spleen product. We use it to help people with chronic infections, anemia, and poor immune function. It is very high in SOD (superoxide dysmutase), and is a powerful free radical scavenger (helps your body overcome the effects of free radical damage). We frequently use this product in conjunction with CATAPLEX ACP, THYMEX and CALCIUM LACTATE. *Vol. 5:#10*

**57. SUPER-EFF:** This remarkable product is an excellent source of phospholipids. These nutrients are needed to help control blood fats. We use this product to help people with high cholesterol or triglycerides, anemia, morning sickness, tachycardia, multiple sclerosis, and aches and pains. It is made from carbamide, tillandsia, liver extract, flaxseed oil extract, and vitamin E. We frequently use this product in conjunction with AF BETAFOOD, FLAX OIL, HEPATROPHIN, and NEUROPLEX.

**58. SYMPLEX F:** This is one of the most widely used and effective products. It is a glandular extract for women containing extracts of what has become known as the female hormonal axis. This is the pituitary, thyroid, adrenals, and ovaries. This product is used to help women with menstrual problems, post-menopausal problems, hormonal imbalances, chronic fatigue, lack of sex drive, and much more. We frequently use this product in conjunction with FLAX OIL, CHLOROPHYLL PERLES, AF BETAFOOD or HEPATROPHIN, CATAPLEX F, and CATAPLEX B. *Vol. 6:#6; Vol. 7:#8, 9; Vol. 10:#4, 9*

**59. SYMPLEX M:** SYMPLEX M is to men as SYMPLEX F is to women. It is an extract of pituitary, thyroid, adrenal, and sex glands. We use this product to help men who lack normal sex drive, have poor hormonal function, are experiencing a change of life (male climacteric), who are fatigued, and who have generally lost their zest for life. We frequently use this product in conjunction with FLAX OIL, CATAPLEX F, PROSTATE, CHEZYN, and CATAPLEX B. *Vol. 6:#6*

**60. THYMEX:** This is one of our most used, useful, and time-honored products. This product is an extract of the thymus gland, with calcium lactate, and vitamin C. It is an important part of any program to enhance immune function. We use it to help people with poor immune function, chronic illness, skin conditions, infections, allergy, and poor healing. We frequently use this product in conjunction with CATAPLEX ACP, CALCIUM LACTATE, HEPATROPHIN, DESICCATED SPLEEN, IMMUPLEX, and SESAME SEED OIL. *Vol. 1:#5; Vol. 2:#4; Vol. 11:#1*

**61. THYMUS:** This is a thymus gland extract product. We use it in conjunction with THYMEX (see THYMEX) for the long haul in chronic disease and immune dysfunction.

**62. THYTROPHIN:** This is an extract of the thyroid gland with calcium lactate and magnesium. We use a great deal of this product to help people with poor thyroid function. We usually use it in conjunction with CATAPLEX F tablets, SYMPLEX F, and FLAX OIL. Since thyroid function may be poor in a large percentage of Americans, this product is very useful. It is helpful to people with chronic thyroid difficulties which leave them fatigued, exhausted, suffering from skin problems, dry hair, poor hormonal function, menstrual difficulties, post-menopausal problems, etc. *Vol. 2:#1; Vol. 5:#8; Vol. 6:#2, 10; Vol. 11:#1*

**63. ZYMEX-2:** This is a proteolytic enzyme product. We use it very successfully with people who suffer from parasites, mucus in the gut, and toxic gut syndrome. It is also very helpful in small doses with infant gut problems. *Vol. 10:#6; Vol. 11:#2*

**64. ZYMEX WAFERS:** This product is used to help people detoxify the colon. It is a vacuum dried mold culture grown on beets and wheat germ. It helps maintain the proper acid environment in the colon. It is an anti-candida product.

**65. ZYPAN:** This remarkable product is betaine hydrochloride, pancreatin, and pepsin. We use it to help people who cannot digest food properly due to insufficient digestive enzymes in the stomach and duodenum. Since many people suffer enzyme deficiency, and since digestive enzymes (including stomach acid) diminish with age, this product bears an enviable reputation for many, many people. Many people who suffer from "acid-indigestion" are actually in need of enzyme enhancement. They also do well with a product like ZYPAN. We frequently use this product in conjunction with AF BETAFOOD. *Vol. 1:#2, 7; Vol. 7:#14; Vol. 11:#9*

**NOTES:** Nutrition is an individual process. And while some nutritional products are generally good for everyone, each person is different. If you have specific problems, feel free to drop me a line and briefly state your situation. Or you can call 408-372-2103 and ask one of my secretaries about filling out a *Symptom Survey*.

These products are not designed to take the place of medical care which you should get from a licensed medical physician.