

COMPLEX E₂

Cataplex E₂

A natural phospholipid concentrate prepared from mammalian tissue high in chromatin material, including trace elements from green leaf source. This concentrate is particularly high in Vitamin E₂ but includes natural tocopherols only to the extent that they appear in the natural Vitamin E complex as protective antioxidants.

INDICATION – Angina pectoris, coronary disease, hypertension.

Despite the wide promotion of tocopherols in high unit dosages for cardiac involvement, clinical experience has shown that the results to be anticipated from high unit dosage of the single tocopherol factors are disappointing.

Natural forms of Vitamin E complex LOSE UP TO 99% OF THEIR POTENCY WHEN SEPARATED FROM THEIR NATURAL SYNERGISTS. (Ann. Review Biochemistry, 1943, page 381.) These synergists include tannins, fatty acids (vitamin F complex), phospholipids, and other synergistic factors.

Chemically purified Vitamin E (tocopherols) in high unit dosages REVERSES its effect and produces the same symptoms (bone decalcification) as a DEFICIENCY. (The Vitamins in Medicine, page 735, by Bicknell and Prescott.)

It is probably the real active principle of the E complex. E₂ seems to be the real fraction that prevents sudden death from coronary attacks that follow omission of Vitamin E from the diet as reported in Science, Vol. 104:2701, page 312.

One of the fractions that's been taken out of the E complex, called E₂, has the same identical effect upon the heart patient who has cramps in his heart, so called angina pains, it has the same identical effect of nitroglycerin. And no one would ever need nitroglycerin if they hadn't been deprived of this vitamin by the use of foods that should have been illegal and in fact are, but which the law is not being enforced. It's quite amazing to see how many heart patients will respond to these vitamins found in the

whole wheat. Vitamin G, of the B complex, is one that relaxes the coronary and insures us against coronary attacks. The vitamin B group, B and G are partners and found in the yeast and wheat germ, the vitamin B group prevents nerve damage which sets up erratic heart action, particularly fibrillation and murmurs are also due to that B deficiency because it permits the dilatation and enlargement of the heart and dislocation of the heart valves and when those valves are pulled out of position, of course, they start leaking. Supply the vitamin B complex from wheat germ and nine times out of ten, any heart murmur disappears inside of a few minutes. It takes a few days or a week or two to come back again because it puts a tone into the muscular system and pulls that heart back. I've seen the apex on a heart move three inches inside of ten minutes under the fluoroscope, after giving a couple of B complex tablets. It's amazing how that old heart will pull up into position and contact and stay contracted and all these murmurs disappear. The spectacular effects of these restorations, I would say, of foods that have been deficient is one of the impressive things about this whole nutritional deficiency idea. When you supply nature with the proper materials, there's very rapid replacement of function, as a rule, a rapid correction of abnormalities. Of course, some of these things take time, you've got to divide your changes into those two categories, those that can be functional and can change quickly and those in which there's degenerative changes that require weeks and months for repair.

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The Legacy of Dr. Harvey Wiley

S.W. California Chiropractic Association

Q. More on B1 and B4 and E2 in heart conditions. And how about patients that bloat even on water?

A. Patients that have **edematous** condition and water-logged tissues are the ones that need number one, Cardiotrophin. Why? Because it puts tone back into all of the blood vessels. Why do we need tone? Because when those blood vessels, the muscular walls are relaxed and they're relaxed because of these muscular incompetence due to

deficiencies of the various fractions, when the arterial, the little artery that feeds the capillary, has lost its muscular function, it opens up and lets the full pressure on the capillary. Well, then the capillary starts leaking like a sieve and you've got water-logged tissue. And normally, the adrenal glands control that muscular function. Well, the first thing that happens in a deficient patient is fading out of the adrenal functions. And he can also have the adrenaline normally controls that vasoconstriction that protects the capillaries. But the muscular setup, he can have anti-bodies to muscle and the muscular function is shot and that's what happens in these patients with last stages of heart disease. They develop anti-bodies to muscle and the adrenaline, if they did have the adrenaline, wouldn't work and they haven't got adrenaline because they haven't had enough vitamin C. Vitamin C, so vitally important for every heart patient because it promotes oxygen transport that the blood may carry twice as much oxygen if you've got plenty of vitamin C. That means you only have to pump half as much to the tissues to maintain the body. So, it takes a load off the heart and it feeds the adrenal gland and puts this adrenaline function back into operation and if you need the Cardiotrophin you'll still not get the vaso-constriction and the protection to the capillary. So there you have the whole cycle. You need the muscle protomorphogen, the Cardiotrophin. You need the vitamin C and you may need the E.

E deficiency, one of the things that's brought on there are these painful states in which the heart tends to go into a cramp. The angina pectoris type and we were quite amazed to find there was such a thing in the E complex as a counterpart to nitro-glycerin that would have the same immediate action in relieving the angina pains. We call that fraction the E2. It is a phospholipid made from the liver. It's a fat soluble vitamin and it's normally stored in the liver. And beef liver's our source for it.
