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"V-P" ORGANIC MINERAL TABLETS

"V-P" Organic Mineral tablets supply the basic alkali minerals (mainly organic potassium) as distinguished from the acid mineral phosphorus. The phosphoric radical is supplied normally in the diet by the compound phytin in bran. This is broken down in the blood stream or in digestion by an enzyme into inosite and phosphoric acid. This phosphoric acid is at once neutralized by combination with alkalies, and is responsible for the normal elimination of calcium carbonate from the tissues that tends otherwise to collect and cause various symptoms of disease. Our "V-P Phosphade" is an efficient supplementary source of the phosphoric radical.

The alkali minerals—sodium, potassium, magnesium and calcium—also, if deficient, cause many of the symptoms of vitamin deficiency. This is because in general the function of vitamins is to promote mineral metabolism. A deficiency of necessary minerals may result in the same evidence of mineral starvation as is found in certain forms of vitamin deficiency.

"V-P" Organic Mineral tablets should be used to supplement "Catalyn" wherever there is a delay in obtaining expected results. One tablet a day is sufficient, with a somewhat reduced dosage of "Catalyn."

A specific action of "V-P" Mineral tablets is to improve the function of the parasympathetic nervous system. The bowel elimination may be improved through this effect in that the reflex reaction to colonic pressure may be greatly enhanced, and it appears that we have here a very effective remedy for "lazy colon." In fact, an overdosage of these tablets can bring about a temporary condition of oversensitiveness of the entire parasympathetic system. A few doses of "V-P Phosphade" have been of immediate effect in correcting this oversensitiveness.

Potassium is known to be necessary to the maintenance of function of the parasympathetic nervous system, and calcium to be necessary to function of the sympathetics (1).

Potassium must be in organic combination to be useful in the body (2).

The sympathetic and parasympathetic systems oppose one another and maintain a functional balance in human physiology (3).

Overactivity of the vagus (a parasympathetic) nerve can be a factor in the causation of gastric ulcer with hyperacidity (4).

Vitamin F and "V-P" Organic Mineral tablets act to mobilize both calcium and potassium in the tissue fluids and restore a normal balance of power between the sympathetics and parasympathetics. This probably explains the benefit of this treatment for both gastrointestinal disorders that lead to ulcers, and the obvious benefits in most angina pectoris cases, for the latter has been identified as a condition of irritability of areas supplied by the vagus, and quite recently substantial evidence has been offered to show that the pain attacks in angina pectoris are really cramps of the oesophagus.

For either of these conditions one Organic Mineral tablet and one Vitamin F tablet is recommended with the noon and evening meal (two of each per day) (preferably with two "Catalyn" tablets daily).

Since a lowered calcium supply to the nerve cell (as is a consequence of Vitamin D and F deficiency) causes a hypersensitiveness of the motor nerves, and a reduced organic potassium supply paralyzes the parasympathetic nerves, it is clear how the normal balance between the opposing effect of these systems is overthrown in the same direction by a reduced supply of either organic potassium, or Vitamin F.

"V-P" Organic Minerals are a concentrate of the organic mineral compounds in green leaf vegetable juice. The concentration is made without heat, and by the removal of undesirable materials, the possible dosage is increased to a point where definite and immediate results are obtainable. To take enough watercress, spinach or alfalfa tea to get the same amount of mineral salts may result in toxic effects from other compounds present that could more than offset the benefits from the minerals.

ANALYSIS of "V-P" ORGANIC MINERAL TABLETS

Aluminum (as Al_2O_3).....	0.36	Iodide (as I).....	none
Iron (as Fe_2O_3).....	trace	Sulfate (as SO_3).....	3.52
Manganese (as Mn_3O_4).....	2.91	Silicate (as SiO_2).....	0.05
Calcium (as CaO).....	4.76	Phosphate (as P_2O_5).....	0.71
Magnesium (as MgO).....	1.61	Nitrogen (as N).....	4.50
Potassium (as K_2O).....	8.86	Sugars (as glucose).....	none
Chloride (as Cl).....	0.33	Water	7.60
Bromide (as Br).....	none	Unidentified Organic Matter.....	60.78

(See "V-P Phosphade" leaflet for additional information on calcium metabolism.)

1. Cantarow, Abraham, Calcium Metabolism and Calcium Therapy, Second Edition, page 78, Lea & Febiger, 1933.
2. Mathews, Albert P., Principles of Biochemistry, page 323, Williams and Wilkins Co., 1936.
3. Cantarow, Abraham, Calcium Metabolism and Calcium Therapy, Second Edition, page 78, Lea & Febiger, 1933.
4. Cushing, Harvey, Pituitary Body, Hypothalamus and Parasympathetic Nervous System, page 211-212, Charles C. Thomas, Baltimore, 1932.
Klein, E., Left Vagus Section and Partial Gastrectomy for Duodenal Ulcer with Hyperacidity, Ann. Surg., xc, 65-68, 1929.

*"Catalyn" tablets are a combination of concentrates of all of the vitamins, intended to supply a "balanced ration" of vitamins for therapeutic purposes as well as for use to supplement the diet.

**"V-P Phosphade"—A phosphoric acid and alkali phosphate combination for correcting the phosphate deficiency resulting from too little of the cereal roughage in the diet.

VITAMIN PRODUCTS COMPANY, Milwaukee, Wisconsin