

The Dr. Royal Lee Historical Archive Collection from Selene River Press

Dr. Royal Lee on the “X Factor” of Dr. Weston A. Price:

Dr. Lee was never under any cloud of mystery when it came to the “X Factor.” He knew, by 1936, what it was, whence it came, and how it functions. He created at least three different product formulations to incorporate its important function. The following quotes are excerpts from articles published and lectures given by Dr. Royal Lee. More on the X Factor is found in Dr. Lee’s article entitled *Butter, Vitamin E and the ‘X’ Factor* also posted in the Historical Archives section of this website.

Excerpt from *Lectures of Dr. Royal Lee, Volume 1*.

FOOD AND ITS FUNCTION

Address to the annual meeting of the
American Academy of Applied Nutrition
Coronado, California - April 12-15, 1951
by Royal Lee, D.D.S.

PARAGRAPH #5:

“At intervals, a group with some scientific authority tries, for some reason, to bury alive a new vitamin by pronouncing it of no importance or by saying it has no established nutritional value. Vitamin F, the factor in butter that acts in cooperation with vitamin D to promote calcium assimilation and protect the teeth from decay (a form of which was described as “factor X” by Dr. Weston A. Price in his book, *NUTRITION AND PHYSICAL DEGENERATION*, was declared not worthy of recognition as a vitamin ten years ago by such a committee; and since then no mention has been made in the censored journals of medical literature of this essential vitamin. The only occasions when it was included in a discussion of vitamins was in the book, *NEWER NUTRITION IN PEDIATRIC PRACTICE* (I. N. Kugelmass, Lippincott; 1940) where it was considered essential to human life; and again the *Annual Review of Biochemistry* of 1949, where a review was published under the

designation of “vitamin F.””

From *Vitamin News*: September 1950. Lee writes in the first paragraph:

CHLOROPHYLL: A FOOD ESSENTIAL

Chlorophyll is a fat soluble pigment, the green coloring material in plant leaves. It is naturally associated with the fat soluble vitamins of the leaf, the vitamin E complex, the K complex, the A complex, and the F complex - the most important factor of which is also known as the X factor of Dr. Weston A. Price (only found in young seedlings during the period of rapid growth).

Vitamin News page 186-187

February 15, 1954

The National Dairy Council says good butter has 1/10th as much vitamin E as Wheat Germ Oil. It is our best source of vitamin F, also an important heart vitamin. The A.M.A. and the Food and Drug Administration try to tell you that there is no such vitamin as F, but again that is a deliberate misrepresentation, a bold-faced lie in plain language, to keep you in ignorance of its importance. Look up the section in the 1949 Annual Review of Biochemistry on this subject. There it is stated that a deficiency of [vitamin] F is suspected to predispose to cancer. Or look at the latest issue of the International Review of Vitamin Research (Berne, Switzerland), Vol. XXV. No. 1 and see the two articles on Vitamin F – pp. 62 and 86. Both of these publications are officially using the term Vitamin F, and anyone who says it does not exist is deliberately keeping his head in a sand pile. By denying its existence, these foul crooks are putting off the day of reckoning when its widespread deficiency can be recognized and corrected. Heart disease and arthritis in particular. Go back to Dr. Weston Price’s book, “Nutrition and Physical Degeneration,” page 273, and read how the crippled and pain-wracked little boy who was told his fate was death by ignorant doctors, and who recovered perfect health on butter containing Vitamin F that Dr. Price obtained from Deaf Smith County, Texas. (Dr. Price called vitamin F at that time the ‘X’ factor of butter - since identified as a member of the F complex).

1. CATAPLEX F TABLETS

2. CATAPLEX F PERLES

3. SUPER-EFF

