

## RECOMMENDATIONS

Helion Nutraceuticals recommends (for adults): 9 capsules daily in divided doses on an empty stomach.

**Maintenance:** 1 to 2 capsules, 3 times a day.

**Therapeutic:** 3 capsules, 3 times a day.



Nine vegetable capsules contain:

Red yeast rice extract	3000 mg
Policosanol	20 mg
Guggul (Guggulsterones 2.5%)	750 mg
Inositol hexanicotinate	1000 mg
Artichoke extract (5% cyn, 3% caffeoyl)	400 mg
Pantothenate	250 mg
Lipase	900 FIP



## REFERENCES

- <sup>1</sup>Wei W, Li C, Wang Y, Su H, Zhu J, Kritchevsky D. Hypolipidemic and anti-atherogenic effects of long-term Cholestin (Monascus purpureus-fermented rice, red yeast rice) in cholesterol fed rabbits. *J Nutr Biochem.* 2003 Jun;14(6):314-8.
- <sup>2</sup>Li Z, Seeram NP, Lee R, Thames G, Minutti C, Wang HJ, Heber D. Plasma clearance of lovastatin versus chinese red yeast rice in healthy volunteers. *J Altern Complement Med.* 2005 Dec;11(6):1031-8.
- <sup>3</sup>Man RY, Lynn EG, Cheung F, Tsang PS, O K. Cholestin inhibits cholesterol synthesis and secretion in hepatic cells (HepG2). *Mol Cell Biochem.* 2002 Apr;233(1-2):153-8.
- <sup>4</sup>Zhao SP, Liu L, Cheng YC, Shishebor MH, Liu MH, Peng DQ, Li YL. Xuezhikang, an extract of cholestin, protects endothelial function through antiinflammatory and lipid-lowering mechanisms in patients with coronary heart disease. *Circulation.* 2004 Aug 24;110(8):915-20. Epub 2004 Aug 16.
- <sup>5</sup>Arsenio L, Bodria P, Magnati G, Strata A, Trovato R.. Effectiveness of long-term treatment with pantethine in patients with dyslipidemia. *Clin Ther.* 1986;8:537-545.
- <sup>6</sup>Tedeschi-Reiner E, Reiner Z, Romic Z, Ivankovic D. A randomized, double-blind, placebo-controlled study of the antilipemic efficacy and tolerability of food supplement policosanol in patients with moderate hypercholesterolemia. *Lijec Vjesn.* 2005 Nov-Dec;127(11-12):273-9.
- <sup>7</sup>Cui J, Huang L, Zhao A, Lew JL, Yu J, Sahoo S, Meinke PT, Royo I, Pelaez F, Wright SD. Guggulsterone is a farnesoid X receptor antagonist in coactivator association assays but acts to enhance transcription of bile salt export pump. *J Biol Chem.* 2003 Mar 21;278(12):10214-20. Epub 2003 Jan 13.
- <sup>8</sup>Urizar NL, Moore DD. GUGULIPID: a natural cholesterol-lowering agent. *Annu Rev Nutr.* 2003;23:303-13. Epub 2003 Feb 26.
- <sup>9</sup>Wang X, Greilberger J, Ledinski G, Kager G, Paigen B, Jurgens G. The hypolipidemic natural product Commiphora mukul and its component guggulsterone inhibit oxidative modification of LDL. *Atherosclerosis.* 2004 Feb;172(2):239-46.
- <sup>10</sup>Singh RB, Niaz MA, Ghosh S. Hypolipidemic and antioxidant effects of Commiphora mukul as an adjunct to dietary therapy in patients with hypercholesterolemia. *Cardiovasc Drugs Ther* 1994 Aug;8(4):659-64.

\*This is a statement of nutritional support. This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For educational purposes only. Consult your physician for any health problems.

# CHOLESTFORTE™

Therapeutic  
Support  
for Lowering  
Cholesterol

## FEATURES INCLUDE

### Red yeast rice extract:

Unique, natural product native to China, used in traditional Asian medical systems since approximately 800 A.D.; produced by fermenting red yeast (*Monascus purpureus*) with white rice. Red Yeast Rice Extract offers the full spectrum of monacolin compounds which inhibit the normal synthesis of cholesterol in the body by binding to the cholesterol production enzyme HMG-CoA reductase.\*

### Policosanol:

Blend of compounds isolated from natural plant waxes called long-chain fatty alcohols (LCFA). Policosanol contains several long chain fatty alcohols, including octacosanol, hexacosanol and triacontanol. Animal and in-vitro research has shown that these compounds support the cardiovascular system and inhibit lipid peroxidation, as well as support macrophage activity.\*

### Guggulsterones:

Mixture of several compounds isolated from the plant *Commiphora Mukul*. Guggulsterones have been found to inhibit cholesterol synthesis in the liver via antagonism of the farnesoid X receptor and the bile-acid receptor.\*

### Inositol hexanicotinate:

Flush-free form of niacin; the mechanisms of action of inositol hexanicotinate are similar to those for niacin. Niacin appears to affect blood lipids by a number of different mechanisms. It lowers LDL and triglyceride levels by decreasing VLDL synthesis, which results in a decrease in the LDL cholesterol fraction. The decrease in VLDL and LDL then leads to a decrease in serum triglycerides, phospholipids and cholesterol, which generally combine with these lipoproteins. Niacin also inhibits cholesterol synthesis from acetate in the liver and increases its degradation, and decreases the risk of coronary artery disease by altering the function of lipoprotein A-I and reducing synthesis of lipoprotein A-II. This appears to result in an elevation of HDL levels.\*

### Artichoke:

Used to support liver and gallbladder function; it works to increase bile production, which supports increased fat metabolism.\*

### Pantothenic acid:

Also called vitamin B5, Pantothenic acid is a water-soluble vitamin. It is needed to form coenzyme-A (CoA), and is critical in the metabolism and synthesis of carbohydrates, proteins and fats.\*

### Lipase:

Water-soluble enzyme that catalyzes the hydrolysis of ester bonds in water-insoluble, lipid substrates.\*