



# HealthNotes

CHOLESTEROL

(Quick Notes)

## Red Yeast Rice

- Lowers levels of heart-damaging cholesterol (LDL) and triglycerides
- Increases beneficial HDL cholesterol levels
- Contains compounds with HMG-CoA reductase inhibitor activity, which inhibits cholesterol synthesis in the liver
- Improve overall cholesterol levels
- All-natural and safe

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## Red Yeast Rice Lowers Cholesterol

Everyone knows high cholesterol is bad. Everyone knows someone with high cholesterol. But did you know that there is a new, safe, all-natural substance that is clinically proven to lower your cholesterol levels? It's called red yeast fermented on rice, or simply Red Yeast Rice. Red yeast and rice are used in traditional Chinese health medicine to promote healthy heart functions.

### High Cholesterol Levels Can Lead to Heart Disease

It has been well-established that high serum cholesterol levels can lead to other diseases, most notably, heart disease. It has also been documented that controlling cholesterol levels can reduce the risk of these diseases and improve one's quality of life.

### The Difference Between "Good" and "Bad"

Low density lipoprotein cholesterol (LDL) is called "bad" cholesterol. "Bad" LDL collects in blood vessels where fatty plaques can then form. The plaques narrow blood vessels and block blood flow, which can eventually lead to high blood pressure, hardening of the arteries, heart disease, or stroke. Triglyceride is another type of blood fat that increases the risk of heart disease. On the other hand, high density lipoproteins (HDL) is known as "good" cholesterol. It helps remove "bad" LDL cholesterol from the blood.

### Studies Show Effectiveness: 33% Decrease in "Bad" LDL Cholesterol

The ingredients in Red Yeast Rice have been shown in animal and human studies, conducted in the United States and China, to be effective against heart-damaging cholesterol.

A U.S. study involved 116 men and 71 women

aged 50 to 70 who were given the red yeast supplement for eight weeks. At the end of the study, patients experienced a 16% decrease in total blood cholesterol and a 21% drop in "bad" LDL cholesterol. In addition, those with low "good" HDL showed a 15% increase in their "good" HDL levels. The average total cholesterol levels dropped from 242 mg/dL to 204 mg/dL; while average "bad" LDL also dropped from 158 mg/dL to 123 mg/dL.

A study in China looked at 70 people with elevated cholesterol levels (225 mg/dL average cholesterol level, 160 mg/dL average "bad" LDL levels, 250 mg/dL average triglyceride levels) over an eight week period. After the trial period, in half of the patients given the supplement, total blood cholesterol was lowered by 26% compared to only 6% in those given a placebo. "Bad" LDL levels decreased by 33% and triglycerides decreased by 20%. Overall, 92% of the people taking the supplement showed improvement in their overall cholesterol levels.

### The Answer to Your Cholesterol Worries

Red Yeast Rice naturally contains lovastatin, an active ingredient in a cholesterol-lowering drug. It has been shown that red yeast rice contains compounds that act as a HMG-CoA reductase inhibitor, which inhibits cholesterol synthesis in the liver. Red yeast rice may also reduce serum lipids because it contains unsaturated fatty acids.

So if you want to reduce total cholesterol, "bad" LDL levels, and triglycerides levels... use Red Yeast Rice. If you want to increase "good" HDL levels... use Red Yeast Rice. Simply put... Red Yeast Rice is the safe choice for lowering cholesterol. It just may be the answer to your cholesterol worries.

### Look for the following Red Yeast Rice product:

- *Cholest-X*

