

POLICOSANOL 10 MG



Promotes healthy cholesterol levels

Clinically-validated rice extract

Healthy cholesterol levels are part of the complex equation when it comes to maintaining heart health and reducing the risk of cardiovascular disease. Cholesterol is divided into HDL ("good") cholesterol and LDL ("bad") cholesterol, but neither is actually bad, just out of balance. Cholesterol is naturally produced by the body, and excess amounts that are not needed for the production of hormones, vitamin D and digestive compounds are normally excreted by the liver. However a number of factors including lack of exercise, obesity, diabetes, and smoking, promote elevated levels of LDL cholesterol and low levels of HDL cholesterol over time. This imbalance is associated with cardiovascular disease and increased risk of heart attack and stroke.

In addition to increasing physical activity, decreasing saturated fat intake, and increasing the amount of soluble fibre in the diet (i.e. oats, beans, legumes, fruits, and vegetables), Policosanol is one of the most recommended natural health supplements that can have significant positive effects on cholesterol levels. Policosanol has a number of natural plant sources (sugar cane, wheat germ, rice). The rice-source policosanol in particular, has been shown in human clinical research to lower total cholesterol and increase one of the main components of HDL cholesterol, without the side effects common to cholesterol-lowering prescription drugs.

Product Highlights

- Clinically-proven to lower total blood cholesterol
- Helps increase Apo A-1, one of the main components of HDL ("good") cholesterol
- None of the side effects common to statin drugs
- May help with intermittent claudication, where lower leg circulation is restricted, and support reduced hypertension

EACH CAPSULE CONTAINS:

Medicinal ingredient:

Policosanol 10 mg
 derived from rice bran (*Oryza sativa*) wax

Non-medicinal ingredients: soy lecithin, soybean oil, yellow beeswax. **Capsule shell:** glycerin (vegetable), purified water, gelatin.

Contains no dairy, wheat, gluten, or corn.

Adult dosage: Take 1 capsule daily or as directed by a health care practitioner.

Available in: 90 SOFT GELS



NON-GMO



GLUTEN FREE