



**K27**

**CHOLESTAR®**

**For Healthy Lipid Metabolism and Cholesterol Control**

**USE OF PRODUCT**

The natural compounds in this formula contain properties that may help maintain healthy cholesterol, LDL cholesterol, triglycerides, and HDL cholesterol, as well as antagonize lipid peroxidation.

**OTHER PRODUCTS TO CONSIDER**

Other formulas can be used in conjunction with Cholestar®. OmegaCo3™ (K07) and Super EFA Complex™ (K08) contain emulsified fish oils and flaxseed oils combined with antioxidants to prevent lipid peroxidation. Methyl-SP™ (K14) provides potent methyl-donors used to lower homocysteine. OxiCell® (K22) supplies powerful antioxidant protection with glutathione and superoxide dismutase in a liposomal delivery form. Fibromin™ (K25) provides a rich source of fiber combinations that support healthy metabolism of cholesterol and blood sugar. Glysen® (K01) and Protoglysen™ (K28) provide the nutrients, mineral cofactors, and botanicals to help promote healthy sugar balance.

<b>Supplement Facts</b>		
Serving size 1 vegetarian capsule		
Servings per container 90		
Amount Per Serving	% Daily Value	
<b>Chromium</b>		
(as chromium picolinate)	50 mcg	42%
Inositol Hexaniacinate	375 mg	*
Red Rice Yeast extract	175 mg	*
Garlic extract	100 mg	*
Pantethine	50 mg	*
<b>Proprietary Blend:</b>	<b>180 mg</b>	
Terminalis Arjuna extract		*
Codonopsis root extract		*
Guggul Gum extract		*
*Daily Value not established		
Other ingredients: vegetable cellulose (vegetarian capsule), magnesium stearate.		

**DIRECTIONS**

Take 1-2 capsules, 3 times a day, or as directed by your healthcare professional.

**KEY INGREDIENTS  
RESEARCH COMMENTARY**

**INOSITOL HEXANIACINATE**

Inositol hexaniacinate is a safe, non-flushing form of niacin. Research has shown that this type of niacin yields even better cholesterol-lowering effects than regular niacin.<sup>1 2 3</sup> Niacin has demonstrated not only cholesterol lowering effects, but also the ability to extend life, as published by the *Coronary Drug Project* and its follow-up project study. In the follow-up study, participants that were given niacin over a placebo had an 11% lower death rate from coronary disease, even after they had discontinued niacin.<sup>4</sup> The undisputed cardioprotective benefits of niacin have made it the first treatment of choice as recommended by the National Cholesterol Education Program.<sup>5</sup>

**RED YEAST RICE EXTRACT**

Red yeast rice is made from fermenting the yeast *Monascus purpureus* over red rice. The compounds in this natural preparation have been used in Chinese medicine and culture for hundreds of years.<sup>6</sup> Numerous studies have shown the cholesterol-lowering effects of red yeast rice extract.<sup>7 8</sup> An eight-week trial of 446 people taking red yeast rice extract demonstrated a lowering of total cholesterol by 22.7%, LDL by 31%, and triglycerides by 34%. HDL levels increased by 20%.<sup>9</sup> Two other studies presented at the American Heart Association found similar lipid-lowering effects of red yeast rice extract. This study, conducted over eight weeks, also resulted in a reduction of total cholesterol by 16%, LDL cholesterol by 21%, and triglycerides by 24%. HDL cholesterol levels rose in this study by 14% as well.<sup>10 11</sup> A twelve-week study of eighty-three subjects, conducted at the UCLA School of Medicine, found similar effects of red yeast rice extract. It lowered LDL, total cholesterol and triglycerides, and increased HDL cholesterol.<sup>12</sup>

**GARLIC EXTRACT**

Numerous studies have been published on the effects of garlic extract. A meta-analysis of these studies, which consisted of thirteen randomized, placebo-controlled and double-blind trials, concluded that garlic is a safe and effective way to lower cholesterol levels.<sup>13</sup>

**PANTETHINE**

Pantethine, also known as B5, helps the body with numerous metabolic activities, including producing energy from glucose and modulating lipid metabolism. Numerous studies have demonstrated the benefits of this vitamin with regard to supporting healthy cholesterol levels and triglycerides, as well as increasing HDL levels.<sup>14 15 16</sup>

**Formula  
Info Page**

Statements in this flyer have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CHROMIUM**

Chromium is an essential mineral and is also known as "glucose tolerance factor" because it plays important roles in both glucose and lipid metabolism. Research on chromium has shown that it exhibits positive effects on improving insulin sensitivity, lowering cholesterol and triglycerides, raising HDL cholesterol and improving body composition.<sup>17</sup>

18 19 20

**TERMINALIS ARJUNA**

*Terminalis arjuna* is an Ayurvedic herb that has been used for detoxification and general health in India for centuries. Research has shown that this herb has the ability to lower cholesterol levels.<sup>21</sup>

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**CODONOPSIS EXTRACT**

Codonopsis has demonstrated physiological modulation on glucose and lipid metabolism by lowering total cholesterol, triglycerides and blood glucose. It is also considered to have anti-obesity effects on metabolism.<sup>22</sup>

**COMMIPHORA MUKUL**

The guggulipids of *Commiphora mukul* have demonstrated the ability to lower both cholesterol and triglycerides.<sup>23</sup> Its mechanism appears to be its impact on increasing the liver's metabolism of LDL uptake from the blood. One study reported a reduction of cholesterol levels by 14-27%, and a drop of triglycerides by 22-30%, in a 4-12 week period.<sup>24</sup> *Commiphora mukul* also appears to have the ability to reduce LDL cholesterol and decrease lipid peroxidation.<sup>25</sup>

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