

## PRODUCT INFORMATION

# Cholesticin®

*Cholesticin® is a natural formula that helps maintain healthy cholesterol levels within normal ranges and promotes healthy blood flow throughout the body.*

### Basic Facts

The calcification and hardening of blood vessels is a very common health problem and is one of the top causes of death in Western industrialized countries. This problem is characterized by the deposition of fat, cholesterol and calcium, collectively known as «plaque», along the walls of the blood vessels. This process, in turn, leads to a narrowing of the blood vessels, which increases the risk of an undersupply of blood and oxygen to vital organs. When the coronary arteries are affected, symptoms may range from physical discomfort to potentially lethal disruption of blood flow to the heart.

People with unhealthy cholesterol levels have a much higher risk of suffering from an accumulation of plaque within the blood vessels than people whose cholesterol levels are within normal ranges. Additionally, those with sustained unhealthy blood sugar levels and unhealthy levels of triglycerides (or blood fats) have a much higher risk of plaque buildup than the normal population.

Therefore, the ideal treatment should be based not only on lifestyle changes involving a healthy diet, adequate physical activity and stress reduction but also on maintaining healthy cholesterol and triglyceride levels within normal ranges. Cholesticin® is the first effective natural formulation for achieving these goals.

Cholesticin® contains red yeast rice and niacinamide (vitamin B3), both of which have been shown to help maintain healthy cholesterol levels within normal ranges. Together, they are one of the most potent plant-based combinations for healthy cholesterol levels.

### Effects

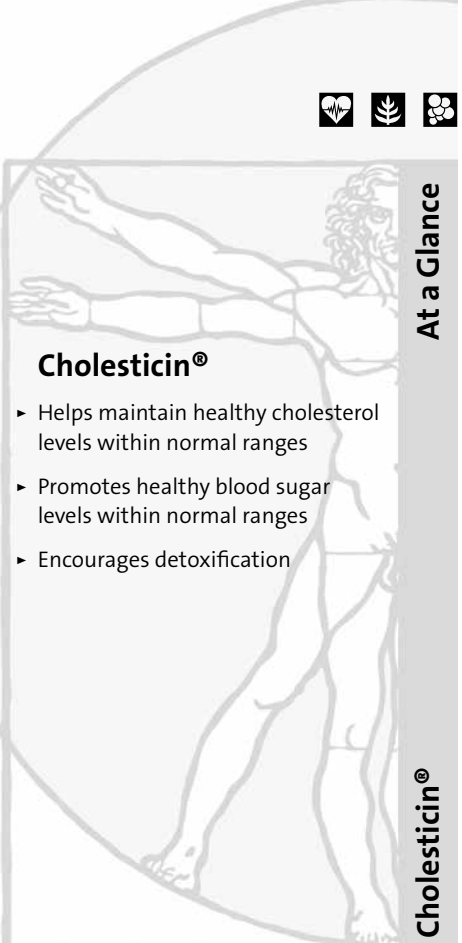
**Cholesterol:** according to the definition of the American Heart Association (AHA), cholesterol is a soft, wax-like fat that can be found in the blood and all cells of the body. It is an important component of a healthy body, as it is required for the formation of cell membranes, important hormones and various types of tissue. However, elevated blood cholesterol levels (hypercholesterolemia) are one of the main contributors to poor cardiovascular health and can result in a lack of sufficient blood flow to the heart and brain; the most frequent causes of death in Western countries.

There are two types of cholesterol; the «good» HDL cholesterol and the «bad» LDL cholesterol. When there is too much LDL cholesterol in the blood, it may slowly be deposited on the interior of the arteries of the heart and brain and form a plaque, which can eventually restrict blood flow within the blood vessels. Once the plaque buildup is so great that it interrupts the blood flow in the blood vessels supplying the brain and heart with oxygen and blood, the result can be a stroke or cardiac infarction. HDL cholesterol, however, works to detach portions of deposited LDL cholesterol from the arterial wall, thereby protecting against the development of dangerous plaques.

**Red yeast rice:** Red yeast rice is a natural dietary supplement that has been consumed as a food in Asian countries for thousands of years. Red yeast rice has been proven to inhibit the key enzyme responsible for cholesterol production in the liver. This property of red yeast rice, which many Asians sprinkle on their tofu every morning, was discovered

by American experts. More than 20 studies on red yeast rice, involving thousands of participants, were carried out in China. They revealed that unhealthy cholesterol levels fell by 25 to 40 percent in those who ingested red yeast rice daily. These results far surpass the effects that can be achieved by diet and physical activity alone.

In the United States, a self-controlled multi-center study involving 187 patients with mild- to moderately elevated cholesterol levels (hypercholesterolemia) reported on the efficacy of red yeast rice. Red yeast rice was shown to help maintain healthy levels



**At a Glance**

**Cholesticin®**

- ▶ Helps maintain healthy cholesterol levels within normal ranges
- ▶ Promotes healthy blood sugar levels within normal ranges
- ▶ Encourages detoxification

**Cholesticin®**

of «bad» cholesterol while also encouraging «good» cholesterol levels. No serious side effects were reported; an enormous advantage over the regular synthetic lipid-lowering drugs that are presently in high demand.

**Niacinamide:** Niacinamide, also called nicotinic acid or vitamin B3, is found in liver and other innards, meat, eggs, fish, nuts, legumes, cereals, milk and avocados. It is important for energy production and also plays a role in promoting healthy blood sugar levels, in antioxidative mechanisms and in detoxification processes within the body. Additionally, it helps support healthy cholesterol levels within normal ranges. It also helps maintain healthy joints and has positive effects on disturbed circulation in the extremities.

## Uses

**Maintaining healthy cholesterol levels:** Cholesticin® supports healthy levels of both LDL and HDL cholesterol. In a large-scale study, it was proven that niacin, a component of Cholesticin®, is the only agent that supports healthy cholesterol levels that can affect overall mortality rate. As was shown in the 15-year study follow-up study, it has a long-lasting effect; the long-term mortality rate was 11 percent below that of the control group, even when intake of the preparation was discontinued years earlier.

**Supporting healthy blood sugar levels:** Nicotinic acid also has a beneficial effect on blood sugar levels, particularly in the early stages of insulin-dependent episodes of prolonged unhealthy blood sugar levels. Studies have shown that it promotes healthy insulin secretion and a healthy sensitivity to insulin. Nicotinic acid can also be beneficial for children dealing with sustained unhealthy blood sugar levels.

**Kidney transplantation:** Lipid anomalies are also seen in patients who have undergone a kidney transplant. These disturbances increase the risk of cardiovascular concerns, leading to an increase in patient mortality. A study involving patients who had undergone a kidney transplant and were given the components of Cholesticin® showed clear benefits.

**Joint health:** A clinical trial also showed that the components of Cholesticin® produced excellent clinical results when administered to hundreds of patients with joint- and bone-related health concerns.

## Composition

One capsule contains:	
	daily dose
Niacinamide	300mg
Red rice yeast	200mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule daily with plenty of fluid.




## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

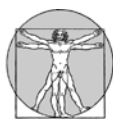
Store in a cool and dry environment, out of reach for children.

### Cholesticin® Product Groups

Cholesticin® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Cardiovascular System**
-  **Detoxification & Purification**
-  **Metabolism & Weight**

Manufacturer:



**VitaBasix®**

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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