

SPECIAL ADVERTISEMENT FEATURE

Zesty way to look after your heart!

MORE and more of us worry about cholesterol — and about the long-term side effects of taking medication such as statins to tackle it. But now a new, breakthrough supplement called Sytrinol — made from orange and palm fruit extracts — could be nature's healthy solution to the cholesterol problem



WE'RE forever being told to reduce the amount of fat we consume, to keep our cholesterol levels down and help us to avoid heart problems.

Cardiovascular disease severely hampers the day-to-day lives of one in every hundred of us.

Each year it results in two million deaths and 126 million hospital days across the EU. And it costs the UK economy alone a staggering £29 billion annually.

Such shocking figures show just how serious the problem has become. And what's equally worrying is that two out of three people over the age of 35 have raised cholesterol levels, yet many do not realise it.

Our bodies need some cholesterol as a building block for making other important chemicals.

But too much of this waxy, fat-like substance may be harmful to health, particularly when combined with other risk factors such as smoking or being overweight.

There are two types of cholesterol. LDL is often known as 'bad' cholesterol because it deposits itself in the arteries of the heart, causing them to narrow and harden, and so increasing the risk of a heart attack or stroke.

And then there is HDL, or 'good' cholesterol, that is thought to remove bad cholesterol from the blood.

Up to four million Britons are believed to be taking drugs called statins regularly to lower their levels of 'bad' cholesterol because they are at risk of a heart attack or stroke.

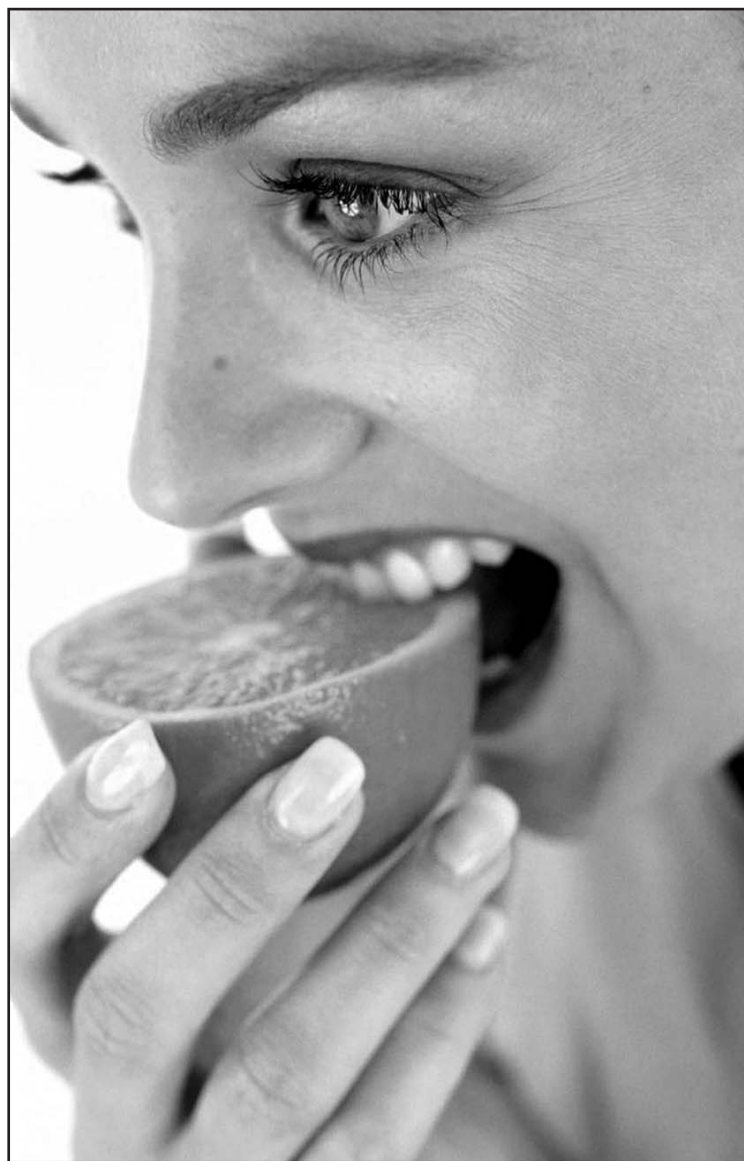
But as with any drug, statins carry a risk. Medical journals have recently highlighted such possible side effects with long term use as muscle weakness, depression, memory loss and nerve pain.

Those who seek to maintain heart health through a more natural approach are often advised to eat low cholesterol foods, exercise and add supplements called plant sterols to their diet.

The Food and Drug Administration (FDA) in the United States has suggested that 800mg daily of these natural cholesterol blockers might reduce the risk of heart disease by lowering cholesterol.

And in an exciting new development, the FDA has also recently studied the effects of natural extracts from orange and palm fruits to establish their effects on cholesterol levels, with some remarkable results.

The fruit extracts tested had been combined within an all-natural



'My doctor was impressed at how my cholesterol levels were down'

NANCY, who works in human resources, found out that she had high cholesterol levels after a routine test at the doctors. 'It was a surprise, although there is a history of heart disease in my family.

'My doctor tried to put me on statins, but I wasn't willing as I had heard about the side effects linked with them. 'I began looking for a natural alternative instead and a knowledgeable friend mentioned he was taking Sytrinol, so I decided to give it a try.'

Nancy consulted her doctor, who agreed she should try Sytrinol for six months and then come back for another test. 'When I went back my cholesterol was down by 26 points.



'My doctor was very impressed and said that if I kept this up I wouldn't have to go on statins at all,' she says.

Nancy has taken 300mg of Sytrinol daily for two years now along with her usual vitamins and says she feels fine on it, with no side effects.

'It's such an easy thing to do to protect yourself without having to take chemicals.

'Sytrinol gives me the peace of mind of knowing I can look after my heart in a totally natural way instead.'

Could natural fruit extracts be Nature's healthy solution to the cholesterol problem?

patented formula called Sytrinol that is now widely used in the U.S. — and has just become available for the first time in UK health stores.

Sytrinol, from Source One, is thought to be several times more effective at reducing cholesterol levels than plant sterols — which could represent a breakthrough for those seeking natural products to help maintain their heart health.

Leading nutritional expert Dr Zheng-Xian Liu says: 'For many years we've had products such as plant sterols that we know can control cholesterol by about 10-15 per cent. But now in Sytrinol we have an all-natural approach which works up to two or three times more effectively.

'Recent studies show that Sytrinol works in various different ways to help manage cholesterol levels and triglycerides (another type of fat measured in the blood) naturally.

'And it also has a potent anti-inflammatory and anti-oxidant effect which helps to protect the heart and blood vessels as we age.'

In over 250 clinical trials, using the same dosage that is now available in independent UK health stores, Sytrinol has been shown to:

- Reduce total cholesterol levels, by up to 30 per cent.
- Reduce LDL cholesterol levels, by up to 27 per cent.
- Reduce total triglyceride levels, by up to 34 per cent.



triglycerides produced by the body itself, which can often have a hereditary factor.

Sytrinol's blend of polymethoxylated flavones (PMFs) from oranges and tocotrienols from palm fruits works on two enzymes in the liver to balance these blood lipids naturally.

The liver is by far the greatest source of cholesterol in our bodies and research suggests that Sytrinol balances the cholesterol it produces far more effectively than other natural alternatives such as guggulipids and red yeast rice extract.

And in addition, Sytrinol does not have the negative side effects and adverse effect on CoQ10 levels commonly associated with statins.

Sytrinol can be taken alone or in combination with plant sterols — and there are no known negative interactions with any medication.

However it's wise to talk to your doctor before changing your prescription drug therapy.

Natural products from health stores often provide a wide range of heart health benefits.

And now with Sytrinol from Source One, Mother Nature MD has provided an exciting and proven new way to support your heart health — completely naturally.

■ Sytrinol is now widely available in independent health stores across the UK.