

ESI

CHOLESTEROL CARE

THERE'S ONLY ONE ESI

NATURAL CHOLESTEROL SUPPORT

CHOLESTEROL REDUCING NUTRIENTS

NATURAL SUPPORT

GAMMA-ORYZANOL

POLICOSANOL

RED RICE EXTRACT

PHYTOSTEROLS

CHROMIUM PICOLINATE

TECHNICAL INFO

- Lowers LDL Cholesterol
- Increases HDL Cholesterol
- Lowers Triglycerides
- Helps Metabolise Cholesterol
- Supports the breakdown of protein and fats

Red Yeast Rice

Red yeast rice is an Asian dietary supplement that is made by fermenting red yeast in rice. It contains several compounds collectively known as Monacolins, substances known to inhibit cholesterol synthesis.

Red Yeast Rice has been found to help reduce total cholesterol levels, lower levels of LDL (bad cholesterol), increase levels of good cholesterol (HDL), and lower levels of unhealthy fats called Triglycerides. It appears to accomplish this by restricting the livers production of cholesterol.

Unsaturated fatty acids in red yeast rice extract are also believed to be useful for lowering triglycerides

The use of red yeast rice in China was first documented in the Tang Dynasty in 800 A.D. A detailed description of its manufacture is found in the ancient Chinese pharmacopoeia.

Chromium Picolinate

Recent research indicates that chromium may be useful in lowering cholesterol and triglyceride levels, at the same time raising HDL ("good") cholesterol levels.

It is necessary, among other things, for the breakdown of protein, fat, and carbohydrates.

Phytosterols

Plant sterols and plant stanols are collectively known as Phytosterols. Plant sterols are plant compounds with chemical structures similar to that of cholesterol. Especially high sterol levels are found in rice bran, wheat germ, corn oils, and soybeans. In a more concentrated form, these substances are called plant stanols. Structurally, these compounds are chemically similar to cholesterol.

However, unlike cholesterol derived from animal sources, which absorb easily and raise the body's own cholesterol levels, Phytosterols are present only at very low levels in the body because they are difficult to absorb.

Interestingly, Phytosterols so closely resemble cholesterol that they can actually block food-based cholesterol from being absorbed into the bloodstream. The result is that both Phytosterols and dietary cholesterol end up excreted in waste matter.

A recent Canadian study suggests that almost one third of cholesterol reduction achieved by consuming a heart healthy diet are due to plant sterols

Policosanol

Policosanol, which originally became popular in Cuba, consists of a mixture of fatty alcohols derived from waxes of sugar cane, yams and beeswax. The main ingredient of policosanol is octanosol. It is thought that the alcohols in policosanol act on cholesterol metabolism in the liver, but at a different part of the metabolic pathway than statins. Human studies have suggested that LDL cholesterol can be reduced to a degree similar to that achieved by statins and that HDL cholesterol can be increased by as much as 10-25% (an effect difficult to achieve with statins alone).

Gamma-Oryzanol - is a substance found in grains. It is used to decrease LDL cholesterol levels in the blood and has also been used to help relieve skin rashes. Research also indicates that women who are going through menopause may benefit from Gamma Oryzanol to manage hot flashes.

Other Useful Supplements

- CO Q10 200mg
- Essential Fatty Acids