

## CholesterEx

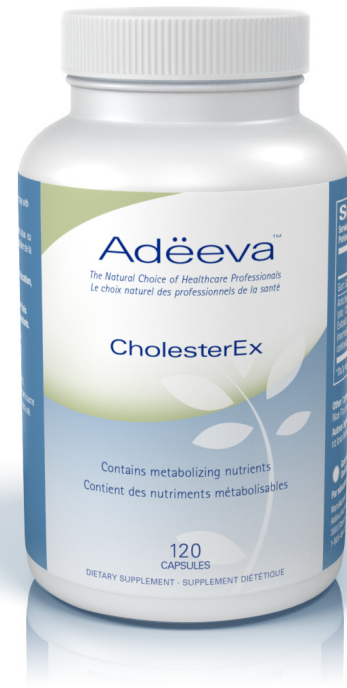
Proven natural ingredients to lower cholesterol and triglycerides.

CholesterEx contains two natural agents that are proven to lower blood cholesterol and/or triglycerides in human clinical trials. These natural agents include Gugulipid and Artichoke Leaf Extract. Unlike conventional cholesterol-lowering drugs these natural agents are not associated with liver damage, muscle pain, kidney damage or significant intestinal upset. Human clinical trials demonstrate that Gugulipid and Artichoke Leaf Extract can lower cholesterol up to 27% and triglycerides up to 30%. These are very significant reductions, which are comparable to the benefits of many lipid lowering drugs.

Gum Guggul or Gugulipid is derived from the mukul myrrh tree, which contains guggulsterones - the active constituent that account for its cholesterol and triglyceride lowering effects. Gugulipid was granted approval in India for marketing as a cholesterol and triglyceride-lowering drug in June 1986, due to its impressive efficacy and safety. Gugulipid has been shown to help the body clear excess cholesterol and triglycerides from the bloodstream.

Artichoke Leaf Extract contains active constituents that help flush cholesterol from the body via the fecal route. It increases the flow of cholesterol (and bile, which is a building block of cholesterol) from the liver to the intestinal tract. Human studies indicate that Artichoke Leaf Extract alone can reduce LDL-cholesterol (the bad cholesterol) by 23%.

High cholesterol and/triglycerides are important risk factors for heart disease, stroke and other cardiovascular problems, which are the leading cause of death in North America. Individuals should strive to attain a fasting blood cholesterol level below 3.9 mmol/L (150 mg/d) and triglyceride level below 1.13 mmol/L (100 mg/dL). Lifestyle strategies include eating less animal fat, staying lean, exercising, and consuming foods high in cholesterol-lowering fiber (beans, peas, oats, many fruits and vegetables, ground flaxseed, psyllium husk fiber



and salba grain). If lifestyle strategies alone do not return cholesterol and triglyceride levels to the ideal range then CholesterEx should be considered. CholesterEx can even be used in conjunction with cholesterol-lowering or triglyceride-lowering drugs, if necessary.

### Clinical Applications:

- To reduce high blood cholesterol
- To reduce high blood triglycerides

### Active Ingredients

Gum Guggul (Gugulipid) (std to 2.5% guggulsterone content)	500 mg
Artichoke Leaf Extract (std to 13-18% caffeylquinic acids)	200 mg

Amounts per capsule, 120 per bottle

### Contraindications & Considerations

#### Conditions:

- Pregnancy
- Breast Feeding (Lactation)
- Kidney Failure (Renal Failure)<sup>1</sup>
- Received a transplant of any kind<sup>1</sup>
- If kidney has been removed<sup>1</sup>
- Kidney clearance problems (e.g., dialysis)<sup>1</sup>

<sup>1</sup>Requires approval from specialist/physician