



Ingredients Each softgel contains:

Guggul (*Commiphora wightii*), 3.5% guggulsterone . 350 mg
 Free plant sterols (from non-GMO soy) . 200 mg
 (40% *beta*-sitosterol, 20% campesterol, 20% stigmasterol)
 Oat (*Avena sativa*), 22% *beta*-glucans . 150 mg
 Red yeast rice (*Monascus purpureus*) . 50 mg
 Green tea (*Camellia sinensis*) extract, 50% polyphenol 80 mg
Other ingredients: Red palm fruit oil, beeswax, silicon dioxide
 and sunflower lecithin in a softgel made of bovine gelatin and
 glycerin, with annatto extract (in sunflower oil) and purified
 water.

NPN 80068512 · V0477-R4

Ingredients in this formula have been validated for potency and identity, and
 certified free of heavy metals and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- Near-Infrared Spectroscopy (FT-NIR Spectrometer)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration



Cho-less-terin

Take control of
high cholesterol



- The natural way to lower your cholesterol
- Now in a convenient softgel for better bioavailability

Cho-less-terin delivers a comprehensive approach to cholesterol. It helps lower LDL and total cholesterol, and helps maintain healthy cholesterol levels.

Cho-less-terin addresses the problem of high cholesterol as a whole rather than just treating its symptoms.

The synergistic ingredients in Cho-less-terin are formulated within a matrix of antioxidant-rich red palm fruit oil for better bioavailability and therapeutic benefits.

HP1837



Cho-less-terin

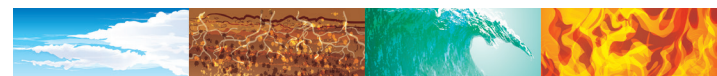
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The nature of cholesterol

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and is needed for your body to function normally. Cholesterol is vital to the production of many hormones, vitamin D, and the bile acids that help to digest fat. When too much cholesterol is in the bloodstream, the excess is deposited in the arteries, including the coronary arteries, where it causes the narrowing and blockages that cause heart disease.

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack, and stroke.

Understanding Heart Disease

When the coronary arteries become narrowed or clogged by cholesterol and fat deposits, they cannot supply enough blood to the heart. The result is coronary heart disease. If not enough oxygen-rich blood reaches the heart, you may experience chest pain, called angina. If the blood supply to a portion of the heart is completely cut off, the result is a heart attack, due to the sudden closure from a blood clot forming on top of a previous narrowing.

Keeping your cholesterol in check

Cholesterol can be both good and bad, so it's important to learn what bad cholesterol is and how it affects your health. By managing your cholesterol properly, you can take better care of your heart, live a healthier life, and reduce your risk of heart attack and stroke. In fact, studies have shown that plant sterols can reduce total cholesterol by an average of 10%, and LDL cholesterol (the bad kind) by 15%.

CHO-LESS-TERIN contains:

Guggul (3.5% Guggulsterones)

Guggul is the name of the gummy yellowish resin of the mukul myrrh tree *Commiphora mukul*, native to India and Arabia. Guggulsterones E and Z, the active components of the resin, are believed to be responsible for both the cholesterol- and triglyceride-lowering effect of guggulipids.

Free Plant Sterols (from non-GMO soy)

Cho-less-terin contains *beta*-sitosterols, a blend of plant sterols. Sterols are alcohols that are commonly found in plants. Plant sterols reduce cholesterol. Our blend of sterols consists of *beta*-sitosterols, stigmasterol, campesterol, *delta*-5-avenasterols, *delta*-5.24-estigmasterols, *delta*-7-estimasterols, and *delta*-avenasterols. New Roots Herbal's phytosterols are certified non-GMO.

Oat (22% *beta*-Glucans)

Oat *beta*-glucans do not enter the bloodstream, passing safely through the digestive tract. Oat *beta*-glucans form a highly viscous solution in the stomach. This gel passes into the intestines and binds to bile acids, which the liver produces out of cholesterol in the blood. This mechanism allows the body to produce high volumes of bile acids, which in turn consume higher volumes of cholesterol. This is a simple, yet very effective, natural cholesterol inhibitor.

Green Tea Extract (50% Polyphenols)

The polyphenols in green tea extracts are important antioxidants which protect LDL-cholesterol from oxidation. If cholesterol is destroyed by free radicals, toxic compounds damage the walls of the arteries. Studies have confirmed that green tea extracts surpass even vitamin C in the prevention of LDL-cholesterol oxidation.

Suggested Use

Adults: Take 2 softgels twice daily with food or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 8 weeks. For optimal results, use with New Roots Herbal's **CardioFlow**.

References

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