Nudge those numbers down! If you’re having difficulty getting your cholesterol numbers within normal range, Enerex Cholesta Check’s advanced nutritional support may help manage them, without negative side effects. Our formula naturally metabolizes cholesterol and may restore healthy heart circulation with essential nutrients including B Vitamins, often lacking in the diet yet essential to balance fats. Cholesterol controlling compounds like Reishi Mushroom, Red Yeast Rice, Policosanol and Plant Sterols promote healthy arteries and blood.

NPN/EN: 80027873

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OVERVIEW

Crunching the numbers

You may be good at adding and subtracting, but if your cholesterol numbers are too high, it can seem arduous to try to balance those numbers.

One in six adults has high cholesterol — so if you do, you’re not alone. Heart disease is the leading cause of death in Canadians over 45, and high cholesterol has shown to be a risk factor; people with high cholesterol have twice the risk of heart disease as people with normal levels.

Go with the flow

To rule out this factor, take basic steps to maintain low cholesterol, and keep your blood flowing freely through arteries. By lowering one of the risk factors for heart disease, you will also improve your overall health and vitality because making the lifestyle changes needed to reduce cholesterol will impact all areas of your life.
While you wouldn't intentionally clog your arteries, you may do just that with the lifestyle choices that you make. Eating too much fast food, junk food, red meat, dairy foods, sugar, white flour and processed vegetable oils, and drinking too much alcohol and caffeine have all been shown to directly or indirectly raise cholesterol levels.

Medicate it?

Although cholesterol-lowering medications are readily available, studies show that diet and lifestyle changes are as, or even more, powerful than drugs even if they take a little longer. These natural methods help lower heart disease and stroke risk without drugs’ negative side effects.

Certain nutrients can be powerful medicine, too. Enerex Cholesta Check supplements a healthy diet with nutrients that keep your “bad” cholesterol in check. It provides active ingredients found in foods that work with your body’s natural processes to support your arteries. It offers:

- Reishi Mushroom, which may decrease the cholesterol that the body makes
- Red Yeast Rice (rice fermented with yeast), a traditional Chinese medicine proven to lower total cholesterol and LDL (bad) cholesterol due to its monacolins
- Plant Sterols, which work to offset the amount of cholesterol in the intestines
- Policosanol, shown in several clinical studies to reduce total cholesterol
- Vitamin B3 (Niacin), which lowers LDL cholesterol and raises HDL cholesterol
- Vitamin B6, Folic Acid (Vitamin B9) and Vitamin B12, which all maintain proper levels of homocysteine, a risk factor for heart disease and stroke
- Choline and Inositol (nutrients related to B Vitamins), which help metabolize (process) cholesterol in the liver
- L-Methionine, an amino acid that helps reduce cholesterol and fat in the liver

Cholesterol is not the enemy

Understand that cholesterol is not bad. It is essential to keep you alive. This waxy substance is found in every cell of the body and is a cell protector. It helps to make digestive acids (bile), assists in making hormones like testosterone, estrogen and progesterone, helps make vitamins, and keeps your nerves healthy.

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And your body makes a lot of it; you get approximately 90% of the body’s daily cholesterol requirement from your liver, and only 10% is from your diet. Cholesterol only becomes worrisome when too much of it is found in two specific areas: your blood and your artery walls.

And even when it collects on your arteries, research now finds that it is there attempting to cover damage that was previously done to your artery walls. Problems happen when too much cholesterol collects in the bloodstream because it, and plaque, may clog passageways that lead to your heart and brain.

**Get checked**

You should have no more than 200 mg/dl total cholesterol; 100 mg/dl or less LDL or “bad” cholesterol, and 40 mg/dl or higher HDL or “good” cholesterol. When these numbers are off balance, you may need to be proactive and make lifestyle changes.

Low-density lipoproteins (LDL) are a very fatty protein. The more fat and less protein a lipoprotein has, the less dense it is. If it isn’t thick and dense, it’s more apt to break up and mix with your blood to make it have high fat content. That’s not good. LDL makes up most of the body’s cholesterol, and is called "bad" because high levels may lead to heart disease and stroke. However, LDL fat is necessary and without LDL you would die, so it isn’t really totally bad.

High-density lipoproteins (HDL), or dense fatty protein, are called "good cholesterol" because high levels may reduce the risk of heart disease and stroke. Scientists think that HDL absorbs bad cholesterol and carries it to the liver, which then flushes it from the body.

Although cholesterol is vital to make your body function, the key is balance —having just the right amount of both LDL and HDL cholesterol.

**List of ways to balance cholesterol:**

Plant foods have no cholesterol. That means eat more colourful whole fruits and vegetables. Here are some ways to help manage your cholesterol through your diet.

- Add heart-healthy legumes such as beans, lentils, chickpeas, peas, and seeds and nuts
- Reduce cholesterol-high red meat and dairy consumption if you eat them every day

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- Consider vegetarian dinners two or three times a week and alternatives to dairy products sometimes
- Add more fibre to meals. Fibre from raw vegetables and whole grain has dramatic effects on cholesterol: insoluble fibre attaches itself to fat and cholesterol and takes it out of your body in your stool; soluble fibre helps slow the absorption and production of cholesterol
- Reduce candies, dessert and junk food snacks
- Read labels to avoid all trans fats
- Get Omega-3 fats that help balance cholesterol and protect against inflammation. Fish, avocados, walnuts, hemp and chia seeds are good sources
- Replace butter and over-processed oils (conventional canola, safflower, sunflower used for cooking) with heart-healthy ones (like extra virgin olive oil)
- Reduce white flour (wheat, white rice or other white, processed flour) and replace with whole unprocessed grains like quinoa, buckwheat and brown rice
- Reduce salt and use more herbs and spices with antioxidants instead
- Reduce caffeine from coffee and cold caffeinated drinks, and alcohol
- Get physical activity for one hour every single day
- Get a blood test done by your doctor to determine your cholesterol levels

Plaque protection?

Doctors do simple blood tests for cholesterol levels to determine if your arteries may be at risk for developing plaque. However, cholesterol-coated plaque is actually a sign that something else is going on beneath the plaque on the arteries themselves.

Nobel Prize winner Dr. Linus Pauling discovered that cholesterol-laden plaque is in fact there in an attempt to protect you. The process starts when nicks and tears along the artery wall are caused by chronic inflammation — caused by poor eating choices, smoking, drinking alcohol, lack of exercise, chemicals and pollutants. The body’s patching fibre comes to repair the tear, but it’s this protective patch that ends up trapping cholesterol, calcium, fats, and the other substances that are in plaque.

This coated patch takes many years to develop to become a health hazard; and it is preventable and treatable with lifestyle changes. But waiting for symptoms to show is a bad idea. There are no symptoms for high cholesterol, and heart disease is called the “silent killer” for its lack of obvious signs. By the time signs develop, arteries may be no longer supplying enough blood to the body to keep it healthy and alive.
INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

Medicinal Ingredients:
- Niacin (Vitamin B3) Nicotinic Acid 50 mg
- Vitamin B6 (Pyridoxine HCl) 15 mg
- Folate (Vitamin B9) Folic Acid 150 mcg
- Vitamin B12 (Cyanocobalamin) 150 mcg
- L-Methionine 30 mg
- Choline (Bitartrate) 30 mg
- Inositol 20 mg
- Free Plant Sterols (Glycine max seed, Combined beta-sitosterol, Campesterol, Stigmasterol 80%) 250 mg
- Red Yeast Rice 50 mg
- Reishi Mushroom (Ganoderma lucidum 50:1 DHE*) Whole plant 5 mg
- Policosanol (Saccharum officinarum) Wax 2.5 mg

Non-Medicinal Ingredients:
- Vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, hypromellose (vegetarian cellulose-complex capsule).

There are no other ingredients added to this formula

*Dried Herb Equivalent: 250 mg, 15% polysaccharides

Directions
Adults: Take 1 capsule 3 times daily or take 3 capsules once daily with food, or as directed by a health care practitioner.

FEATURES

Can vitamins lower cholesterol?

Here is more in-depth information on what the nutrients in Enerex Cholesta Check can do specifically for your arterial health and cholesterol levels.

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B Vitamins

B Vitamins keep cholesterol in balance. An important study in the 1980s researched the effects of Vitamin B3, B6, B2 and B12 in producing and processing fats in the body’s tissue.

This study states, “These vitamins play an essential role in lipid (fat) metabolism reactions and their presence is therefore absolutely necessary for these reactions to occur. The effect of pantothenic acid (B6), niacin (B3) and riboflavin (B2) are involved in fatty acid synthesis (to make fats) and oxidation reactions (chemical reactions with oxygen). Vitamin B12 and folic acid (B9) balance the pool of methyl radicals necessary for phospholipid synthesis (for making good fats necessary in the body).


Vitamin B3 (Niacin)

Niacin, or Vitamin B3, is an essential nutrient that we don’t get enough of in our diet; it is one of the 5 vitamins associated with serious deficiency syndromes (the others are Vitamins A, C, B1 and D).

Niacin has a cholesterol-lowering effect and also enlarges blood vessels. It reduces the amount of fat that is broken down in your fatty tissue. By preventing the breakdown and the release of these fats from fat tissue into the blood stream, Niacin lowers the amount of low-density lipoprotein (LDL or “bad”) cholesterol made and processed in the liver.

This vitamin (in a form called Nicotinic Acid) also increases blood levels of high-density lipoprotein (HDL or “good”) cholesterol.

Vitamin B3 is also required for the proper function of more than 50 enzymes that keep you alive; without it, your body would not be able to get energy or make fats from carbohydrates. Vitamin B3 is also used to make sex hormones.

“The safest, most effective, and cheapest treatment for high cholesterol is a vitamin that costs 7 cents per pill. Niacin or nicotinic acid has been safely used for 60 years to control cholesterol, with some 42,000 scientific papers in PubMed describing its benefits and effects,” states a report from Orthomolecular Medicine News Service (OMNS).
Several research studies have been done on Niacin and cholesterol reduction:


**Vitamin B6 (Pyridoxine)**

Books have been written on Vitamin B6; which is used to treat dozens of illnesses from high cholesterol and heart disease to depression and memory loss.

Without enough Vitamin B6, or Pyridoxine, a substance called homocysteine builds up in the body and damages blood vessel linings, which may increase plaque buildup. This combined with Vitamin B6’s ability to lower cholesterol, lower blood pressure, and keep blood platelets from sticking together reduces the risk of a heart attack.

How does it lower cholesterol? Vitamin B6 is necessary to convert the amino acid (protein building block) called tryptophan into Niacin, a vitamin vital to balance cholesterol, and therefore is involved in lowering cholesterol.

One study showed that since low amounts of Vitamin B6 and Folic Acid are related to poor heart health, supplementing with those vitamins can improve heart health and reduce fatal heart attacks. Risk of heart disease was reduced among women who regularly took multi-vitamins, the major source of Folate and Vitamin B6, and after excluding multi-vitamin users, among those eating more foods with Folate and Vitamin B6. Researchers decided that taking Folate and Vitamin B6 above the current recommended dietary allowance may be important to prevent heart disease among women.

Several studies have used levels of cholesterol as an indication of other factors to see how useful Vitamin B6 (in combination with Folic Acid) is in lowering heart disease risk. In a 2000 study of 224 patients with cardiovascular disease before age 56, Vitamin B6 supplements (and Folic Acid) reduced blood levels of homocysteine (the other indicator of heart health). The study found that cholesterol levels and high blood pressure were associated with an increased risk of new attacks and other heart problems in the group and Vitamin B6 plus Folic Acid had protective effects to reduce these re-attacks.


**Folic Acid** (Vitamin B9)

Folic Acid is one of the eight B Vitamins that helps convert food into fuel the body uses for energy. Folic Acid or Vitamin B9 is important for heart health because homocysteine in the blood, a marker for heart disease, is regulated by Folic Acid. Homocysteine may damage the blood vessel walls and promote blood clots, and studies have consistently shown that high levels are associated with an increased risk of heart disease.

Folic Acid also helps your body convert carbohydrates into blood sugar for energy and it helps your body metabolize fats and protein. Folic acid is a possible means of treating high cholesterol, according to a study published in a 2009. Bile, which is needed to digest foods including fat, is produced from cholesterol, and this study found that Folic Acid caused cholesterol levels to drop. It states, “Folic acid increases bile flow, bile acid synthesis (made) from cholesterol, and bile acid excretion via feces, thus provoking a decrease in serum cholesterol.”


In another study, Folic Acid showed its other benefits for the heart. It was used along with Pyridoxine (B6) to see the effects of these vitamins on blood fat and homocysteine. The study states, “Folic acid supplementation significantly lowered blood homocysteine concentrations by 30%. Pyridoxine supplementation had a mild but significant cholesterol-lowering effect (7%).”

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Choline

Choline is an important part of the human diet and is often added to Vitamin B complex supplements. According to the prestigious Linus Pauling Institute, without Choline, no cell in the human body could function normally.

Choline is not by definition a vitamin, but it is an essential nutrient. Choline is found in the type of lecithin that is commonly used as an emulsifier/thickener in foods, made from soy beans or chickpeas. The majority of the body's Choline is found in special fat molecules known as phospholipids, also called lecithin (lecithin is found in the body and in foods).

Choline is required to form very low density lipoprotein particles that transport fat from the liver to the tissues. When you don’t have enough Choline, these particles cannot be made so fat accumulates in the liver, resulting in liver damage. Because LDL (bad) cholesterol is made from very low density lipoprotein particles, those people low in Choline also have unbalanced cholesterol.

(Zeisel SH, Blusztajn JK. “Choline and human nutrition.” Annual Rev Nutr 1994;14:269-296.)

Also, a combination of Choline, Inositol and Methionine help to support the detoxification of healthy fat and metabolize cholesterol in the liver. Choline and Inositol are vital because low levels of these in your body trigger high cholesterol. Choline prevents fat from sticking to arteries; and Inositol is a relaxant.

Inositol

Inositol, which was once considered a B Vitamin and still often associated with B Vitamins, is little-known as a cholesterol-lowering nutrient. Besides improving the amount and type of fats in the blood, Inositol also has shown in research to “liquefy fats” and prevent them from clogging the arteries.

Many foods such as oranges and cantaloupe contain Inositol but lecithin has a much more easily digested and well-absorbed form of it so is the best source.

Studies show that Inositol prevents cholesterol from accumulating in the liver, and therefore reduces the risk of developing fatty liver. This effect is important because the liver is an important organ for making and using cholesterol. Inositol also redistributes...
body fat away from the liver. Because it keeps fat from solidifying – by “emulsifying” it – it can prevent clogging of the arteries and thickening of artery walls. Therefore, Inositol may have other cardiovascular benefits besides effects on cholesterol.

Inositol is also important to regulate insulin in the body, balance nerves, and increase your “happy” hormone serotonin (it is used to treat mental disorders like depression and obsessive-compulsive disorder), maintain cell walls, and promote fat breakdown.

**L-Methionine**

L-Methionine is one of the building blocks of protein in foods (like meat, fish and eggs). These building blocks are called amino acids. L-Methionine is used by the body to make important vitamins and neurotransmitters in the brain. It supports hair, skin and nail growth and aids your metabolism. It also helps reduce cholesterol and fat in the liver.


Methionine can lower blood cholesterol because it increases the amount of lecithin in liver; lecithin in turn increases an enzyme that processes and reduces fats. Methionine also changes the structure of cholesterol that is transported in your blood; therefore Methionine can help stabilize cholesterol, lessening deposits in arteries.

Methionine is considered an essential amino acid, meaning it is not produced by the body and must be obtained from foods (or supplements) such as egg whites, fish, turkey, sesame seeds and Brazil nuts.

**Red Yeast Rice**

Red Yeast Rice has been used in China for centuries as a traditional medicine. Red Yeast Rice is fermented with a type of yeast called *Monascus purpureus*. It contains several ingredients that may help control cholesterol including monacolins. Although Red Yeast Rice is a traditional remedy, one type of monacolin taken from it has been labeled Lovastatin or Mevinolin by the pharmaceutical industry because it is the active ingredient in two cholesterol-lowering prescription drugs.

According to The Mayo Clinic, monacolins block the production of cholesterol, and studies suggest that Red Yeast Rice Extract may lead to a 10-33% reduction in low-
density lipoprotein (LDL) cholesterol. This is a moderate effect compared to statin drugs, which have more side effects. Studies have shown that Red Yeast Rice Extract can lower total cholesterol and LDL (bad) cholesterol in 8 to 12 weeks. The Mayo Clinic states that future uses of Red Yeast Rice may include decreasing heart disease risk.

Red Yeast Rice also contains antioxidants such as sterols and isoflavones, and healthy fats. In addition to being used to its benefits as a traditional medicine, it is a dietary staple in some Asian countries, and is used as a food colouring and preservative in commercially made foods.

NOTE: Several types of the extract are sold as supplements, and ingredients vary, so choose a well-known brand that has done its research. The extract is known as a “natural pharmaceutical” so taking large amounts (some dosages are up to 1200 milligrams) should be done only under a doctor’s direction. By comparison, Enerex’s Cholesta Check formula has 50 milligrams per dose.

**Policosanol (Saccharum officinarum)**

Policosanol is a cholesterol-lowering non-statin drug made from a natural source: purified sugar cane wax. It has been shown to decrease total cholesterol and LDL (bad) cholesterol, and increase HDL (good) cholesterol.

For example, a study in 2003 investigating the effectiveness of Policosanol was conducted on 100 men and women aged 25 to 75 years. After 6 weeks of lifestyle changes/a cholesterol-lowering diet, patients randomly received Policosanol tablets or placebo once per day for 8 weeks, and the low-cholesterol diet was continued throughout the study in both groups.

After 8 weeks, the cholesterol and triglyceride (another measurement for heart health) levels decreased significantly in the Policosanol group compared to the placebo group, and the high-density (good) lipoprotein cholesterol level also increased significantly compared to the placebo.

(Gladys Castano, PhD, Rosa Mas PhD, Julio Fernandez PhD, et al. “Effects of policosanol on elevated serum total cholesterol levels”, National Center for Scientific Research, Playa Havana Cuba, July 2003, Current Therapeutic Research, Vol 61, Issue 9, Pages 609-620)
**Reishi Mushroom** (*Ganoderma Lucidum*)

Reishi Mushroom is a hard, bitter mushroom that has been used in traditional Chinese medicine for over 2,000 years, making it one of the oldest mushrooms to have been used medicinally. Reishi, also known as Ganoderma, may keep cholesterol in check, curb high blood pressure, relieve fatigue, reduce inflammation, build stamina and support the immune system.

Research shows it may help reduce cholesterol by encouraging the liver to make less. Adenosine is one substance found in Reishi that helps reduce cholesterol. In a 2007 study, after using Reishi, a reduction in the amount of cholesterol produced by the body and a decrease in high blood pressure were found. The study said it was “due to Reishi’s angiotensin-converting, enzyme-inhibiting triterpenes”. It also decreased platelet aggregation, meaning clumping together of platelets in the blood (also a major signal of heart health).


**Plant Sterols**

Plant Sterols, or Phytosterols, are naturally occurring substances found in plants. The US’s National Cholesterol Education/Adult Treatment III program guidelines recommend Plant Sterols as part of a heart healthy eating plan because Sterols are known to significantly decrease cholesterol levels.

Scientists believe that Plant Sterols are very similar to cholesterol but they work to decrease cholesterol levels by competing with cholesterol for absorption — they block cholesterol absorption in the intestines. However, to experience this effect, you have to consume between 4 to 10 grams of plant sterols, which is a lot of plants to consume in one day; therefore supplementing with Sterols is preferable if you want to reduce high
cholesterol. (Cleveland Clinic, my.clevelandclinic.org/healthy_living/cholesterol/ hic_plant_sterols_and_stanols.aspx)

A New England Journal of Medicine study in 1995 reported that 2 grams of plant sterols a day for one year lowered LDL cholesterol by 14% and total cholesterol by 10%. This means a reduction in the risk of heart disease by about 25%. Researchers found that less cholesterol is able to pass from your intestines into your bloodstream when Sterols are eaten, so cholesterol levels are lowered by being excreted in your feces.

Sterols have many other positive benefits including improving blood sugar in diabetics, and reducing inflammation in people with autoimmune diseases such as rheumatoid arthritis. Green leafy vegetables, sesame seeds, asparagus and cucumber pickles have high Sterols.

AILMENTS

Cardiovascular Care

More of us die from a broken heart than any other ailment. Reduce your changes of heart disease by balancing your cholesterol. Enerex Cholesta Check’s advanced nutritional support may help manage cholesterol... with only positive side effects. Our formula naturally metabolizes cholesterol and helps to restore normal arterial circulation with essential nutrients including B Vitamins, often lacking in the diet yet essential to balance fats. Cholesterol controlling compounds like Reishi Mushroom, Red Yeast Rice, Policosanol and Plant Sterols promote healthy arteries and blood.

Cholesterol Management

Nudge those numbers down. If you’re having difficulty getting your cholesterol numbers within normal range, Enerex Cholesta Check’s advanced nutritional support may help manage them, and give only positive side effects. Our formula naturally metabolizes cholesterol and may restore healthy heart circulation with essential nutrients including B Vitamins, often lacking in the diet yet essential to balance fats. Cholesterol controlling compounds like Reishi Mushroom, Red Yeast Rice, Policosanol and Plant Sterols promote healthy arteries and blood — so you can focus on life instead of cholesterol levels.
PACKAGING

Why should you care about Enerex Cholesta Check’s bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it’s very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn’t provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you like this product.