



HEALTHREACH



Proven to help lower cholesterol

**Vivacol has been formulated using natural plant sterols that are shown to reduce cholesterol.**

1

The plant sterols in Vivacol help to normalise and maintain healthy cholesterol levels. High cholesterol is a risk factor in the development of coronary heart disease. Coronary heart disease has multiple risk factors and altering one of these factors may or may not have a beneficial effect.

2

The natural plant sterols in Vivacol reduce the absorption of cholesterol from the digestive system into the body. Scientific studies show that plant sterols can lower LDL (bad cholesterol) in the blood by approximately 10%. Vivacol works best when taken with your main meal.

3

You need to consume about 2,000 mg of plant sterols daily to lower your cholesterol. The average Western diet contains only small amounts of plant sterols - around 250-500 mg per day. Taking 2 capsules of Vivacol daily provides an extra amount of 1,660 mg of plant sterols to compensate for this dietary deficiency.

The benefits of plant sterols are achieved by consuming 1.5 - 2.4 g of plant sterols daily, consuming more than 3g per day should be avoided. Cholesterol reduction of 7-10% can be achieved in 2 to 3 weeks. Consume as part of a healthy balanced diet including regular consumption of fruit and vegetables.

This product is intended exclusively for people who want to lower their blood cholesterol level. This product may not be suitable for pregnant or breastfeeding women, or children under 5 years old.

It is advisable to have your blood cholesterol level checked regularly.  
Consult your doctor if you are on cholesterol lowering medicine.

Vivacol™ is a Trademark of  
**HealthReach Limited**  
296 North Circular Road, Dublin 7, Ireland.  
Customer Care +353 1 8600444  
[www.healthreach.ie](http://www.healthreach.ie)

**Helping you to help your body, the natural way!**

