



## C Care

*Indicated for the support of apolipoprotein metabolism*

**C Care** formula is a unique combination of botanicals designed to support healthy lipid metabolism in the liver. The addition of supplement CoQ10 to reduce risk of oxidative activity.

Our red yeast rice rich in naturally potent active constituents and is USA cultivated. Milk thistle supports healthy liver function, lipid metabolism and brings hepatoprotective action. C Care helps balance lipid oxidation and lipoprotein ratios both contributing to optimal cardiovascular function.

### Formulation Features

- Formula contains 100% certified organic herbs, mushrooms, and potent red yeast rice cultivated in North America
- Promotes healthy circulation and optimizes liver function
- Maintains normal lipid biosynthesis and metabolism

### Formula

Each/Chaque vegi cap contains:

Ubiquinone-10	5 mg
Red Yeast Rice/Levure de riz rouge (monascus purpureus fermented oryza sativa),0	350 mg
Reishi/Reishi (Ganoderma lucidum), 0	150 mg
Artichoke leaf/Feuille d'artichaut (Cynara scolymus),0	100 mg
Milk Thistle seed/Chardon-Marie (silybum marianum),0	100 mg

0=Certified Organic

**Other Ingredients:** hypromellose vegi-capsules, Omega 3 Powder  
**Ingredients non medicinaux:** hypromellose vegi-capsules, Omega 3 Poudre



95% of our herbs and herbal extracts are certified organic.

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**CoQ10** is an antioxidant and is needed for basic cell function. It can be depleted if patients are taking statin drugs.

**Red Yeast Rice** (*Monascus purpureus*) Modern investigation has shown Red Yeast Rice to optimize lipoprotein metabolism.

**Reishi Mycelium** (*Lingzhi Ganoderma lucidum*) Cardiovascular dysfunction is associated with decreased mitochondrial function in cardiac muscle cells. Reishi mushrooms have been shown to protect against mitochondrial dysfunction in animal models of cardio toxicity.

**Milk Thistle** (*Silybum marianum*) Whole silymarin mixture has been shown to balance cholesterol metabolism in the liver.

## Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.
- Monitor blood fasting lipid levels

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

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*Cochrane Database Syst Rev* 2002;3:CD003335.

*Free Radic Res* 1998;29:247-55.

Evidence Report/Technology Assessment: Number 21, September 2000. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/clinic/epcsums/milktsu>

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