

As you get older, it becomes more and more important to pay attention to your cholesterol levels as they tend to increase with age. High cholesterol levels increase your risk of getting coronary heart disease, heart attacks, strokes, and other cardiovascular diseases. One relatively easy way to combat high cholesterol levels is by making some changes to your diet and consuming foods and supplements that have been shown to be beneficial in managing high cholesterol levels. But first, let's go through a brief primer on cholesterol and what it does to your body.

## **HDL vs. LDL Cholesterol**

Cholesterol is a compound that is not entirely harmful—it is needed in the formation of healthy cells. But not all cholesterol is the same. There are two main types of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). In your body, cholesterol is carried inside lipoproteins. HDL is generally thought of as “good” cholesterol because it absorbs and transports cholesterol to your liver to be removed from your bloodstream before excess cholesterol can build up in your arteries. In other words, HDL helps to get rid of excess cholesterol. LDL, on the other hand, is considered “bad” cholesterol because it carries cholesterol directly to your arteries, where it may accumulate on the walls of your blood vessels. This build-up of plaque (i.e. atherosclerosis) causes your blood vessels to narrow, hinders blood-flow to and from your heart and other organs in your body, and increases the risk of blood clots. This blocking of blood-flow in your arteries can lead to many health problems—heart disease, strokes, and heart attacks.

With this in mind, the higher your HDL levels, the better; and the lower your LDL levels, the better.

HDL levels for women should be at least higher than 55 milligrams per deciliter (mg/dL), and 45 mg/dL for men. LDL levels for men and women should be no more than 130 mg/dL if you don't have any underlying heart conditions or diabetes. If you do have these conditions, your LDL level should be no more than 100 mg/dL.

However, after menopause, women's LDL levels tend to increase while their HDL levels decrease. Other lifestyle factors that can contribute to an increase in LDL and total cholesterol levels include: a lack of regular exercise, smoking, a diet high in saturated and trans fats (saturated fats instruct the liver to produce more LDL cholesterol), and excessive consumption of processed foods

- If you're a smoker, stop smoking. Smoking lowers HDL levels and is also harmful for your blood vessels, which makes them even more vulnerable to plaque build-up.
- Exercise regularly—at least 150 minutes of moderate-intensity aerobic exercise per week.
- Maintain a healthy weight.
- Eat a healthy diet and limit your consumption of the following: full-fat dairy products (these are rich in saturated fats), red meat, processed food, fried food (these contain high levels of trans fats, which increase LDL levels) and other foods that contain high amounts of saturated vegetable oils.
- Introduce some key ingredients—such as ginseng and turmeric—into your diet that can be helpful in managing high LDL cholesterol levels. The rest of this article will focus on exploring dietary changes that can help reduce LDL and total cholesterol levels

**What Are Supplements?** Supplements can be any kind of vitamin, minerals, herbs, botanicals, and amino acids that you can eat or drink. They come in various forms such as:

- Pills
- Powders
- Tablets
- Capsules
- Liquids

The main function of supplements is to supplement one's existing nutrition. While vitamins and tablets can help one's health, they are not meant to take the place of a healthy and nutritious diet and lifestyle.

That being said, taking the right supplements with a nutritious and well balanced diet can provide a host of health benefits.



## **Cholesterol Management Supplement**

**In our search for the best ingredients we have researched and tested supplements in various form factors.**

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