



## Formulation Features

- Promotes healthy circulation and liver function
- Maintains normal lipid biosynthesis and metabolism

## Cholesterol Support

**Cholesterol Care is indicated for the support of apolipoprotein metabolism.**

At Restorative Formulations, we believe that the use of multiple natural compounds (at low doses) working in synergy is preferable to a single herb given at a high dose. This belief is based on the notion that multiple mechanisms of action are more reliable than only one. In keeping with this philosophy, our Cholesterol Care formula contains a unique combination of herbs including Red Yeast Rice, Milk Thistle seed, and Artichoke leaf that can support lipid metabolism in the liver, with a reduced risk of side effects (compared to high dose, single herb supplements).

The thistle family of herbs included in this formula (i.e., Silybum and Cynara) have been used for centuries to maintain healthy liver function and support the processing of lipids in the liver. Many of the botanical ingredients contained in Cholesterol Care can keep the oxidization of lipids and lipoproteins balanced, contributing to optimal cardiovascular function.

## Supplement Facts

Serving Size: 3 capsules      Servings Per Container: 40

	Amount Per Serving	% Daily Value
CoQ10	15 mg	†
Red Yeast Rice Powder, O	1050 mg	†
Reishi Mycelium and Body, O	450 mg	†
Artichoke leaf, O	300 mg	†
Milk Thistle seed, O	300 mg	†

O=Certified Organic

W=Wildcrafted

† Daily Value not established

**Other ingredients:** Vegetable Capsule (cellulose), Omega 3 Powder used when needed



## Herbal Foundation of "Cholesterol Care"

### RED YEAST RICE

Maintains healthy metabolism of lipids and lipoprotein, by supporting liver function and promoting healthy bile secretion.

### MILK THISTLE

Contains silymarin, a powerful complex of polyphenolic antioxidants known for protecting existing liver cells as well as stimulating the formation of new hepatocytes.

### ARTICHOKE LEAF

Contains sesquiterpene lactones that are hepato-supportive and optimize bile flow, which aids in the excretion of excessive lipids.

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

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## 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

- Increase consumption of soluble fiber, which supports healthy lipid levels in the blood.
- Soluble fiber is found in such foods as oatmeal, oat bran, beans, apples, pears, barley and prunes
- Consume omega 3 oils daily
- Consume a hand full of unsalted nuts every day (e.g., walnuts, hazelnuts, peanuts, pecans, pine nuts, and pistachios)
- Use olive oil in place of other fats in the diet such as butter
- Avoid all sources of trans fats and limit saturated fats (i.e., fried foods)
- Increase fruit and vegetable consumption
- Maintain a healthy weight
- Get at least 30 minutes of aerobic exercise five days per week
- Drink green tea or take green tea capsules

### REFERENCES:

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