

# CHOLESTEROL VITAL MAINTENANCE

Helps Retain Healthy Cholesterol Levels\*

## DOSAGE

2 capsules, 2 times daily

## DURATION OF USE

6-12 months

## BEST TAKEN

Between meals, with a small amount of water



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per 2 Capsules	mg
<b>Calories 20</b>	
<b>ALCOHOL FREE CONCENTRATED EXTRACTS OF:</b>	
Pantethine	200 mg†
Artichoke leaf ( <i>Cynara scolymus</i> ) ▲	200 mg†
Coleus root ( <i>Coleus forskohlii</i> ) +	160 mg†
Guggulu resin ( <i>Commiphora mukul</i> ) +	150 mg†
Arjuna bark ( <i>Terminalia arjuna</i> ) +	100 mg†
Wild Yam root ( <i>Dioscorea villosa</i> ) +	22 mg†
Policosanol	8 mg†
Dandelion Root ( <i>Taraxacum officinale</i> ) ▲	8 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

▲ = Organic Ingredient

+ = Ecologically Harvested

## DESCRIPTION OF FORMULA

The Cholesterol Vital Maintenance formula includes herbs and nutrients that function synergistically to help preserve the healthy metabolism of cholesterol, particularly in the liver. Cholesterol Vital Maintenance also protects low-density lipoprotein (LDL) cholesterol from the damaging effects of free radicals. Adopting a healthy lifestyle that includes a daily exercise regimen and a diet high in unprocessed foods (fresh vegetables, fruits and whole grains), will optimize the effects of Cholesterol Vital Maintenance in maintaining optimal cholesterol levels and a vibrant cardiovascular system.\*

Guggulu extract is a resinous derivative of a close relative of myrrh that comes from India. Guggulu extract helps to maintain normal cholesterol and triglyceride levels by optimizing cholesterol metabolism in the liver, promoting the excretion of cholesterol through the bile, and protecting LDL cholesterol from the damaging effects of free radical oxidation.\*

Policosanol (sometimes called octacosanol) is a wax found in *Saccharum officinarum* (sugarcane). Policosanol helps to maintain a healthy balance between LDL and HDL cholesterol by promoting the proper metabolism of cholesterol in the liver. Accordingly, policosanol plays an important role in maintaining a healthy cardiovascular system.\*

Artichoke leaf contains bitter compounds known as caffeoylquinic acids that have multiple beneficial effects on cholesterol metabolism. Artichoke reduces the formation of cholesterol in the liver, promotes the excretion of cholesterol through the bile and protects cholesterol from the damaging effects of free radicals. Collectively, the actions of this leaf serve to promote optimal levels of cholesterol in the body and help to maintain healthy heart function.\*

Pantethine is a form of vitamin B5 that helps to maintain normal LDL and HDL cholesterol levels.\*

Coleus forskohlii root contains forskolin, a compound that works directly on the heart muscle and on blood vessels to optimize blood flow throughout the cardiovascular system. Forskolin also helps to maintain healthy fat metabolism.\*

Wild yam root contains diosgenin, a constituent that preserves the proper flow of bile, particularly in the presence of estrogen, a hormone that can sometimes reduce the flow. Consequently, this root balances cholesterol levels by promoting the normal excretion of cholesterol through the bile.\*

Greater celandine herb is traditionally regarded as an herb that helps to support the healthy flow of bile and for that reason helps to maintain proper cholesterol balance. More research is warranted to validate its use in promoting heart health.\*

Arjuna herb is derived from the bark of a tree, which contains several important constituents, including Terminalia arjuna, gallic acid and ethyl gallate. These elements help to maintain healthy cholesterol levels and a healthy heart. Likewise, several studies suggest that, when used alone or in conjunction with conventional heart medications, Arjuna helps preserve the proper functioning of the cardiovascular system, and fittingly, the bark is traditionally used in Ayurvedic medicine (from India) to rejuvenate the heart.\*

## COMPLIMENTARY HERBS/FORMULAS

Cholesterol Vital Maintenance combines well with Hawthorn Supreme.

## SAFETY EVALUATION/CONTRAINDICATIONS

This formula should be avoided in pregnancy and lactation. It may occasionally cause an upset stomach, in which case it should be taken with food. It may cause loosening of stools,

which is normal and will tend to pass with time. Use with caution if you are allergic to the daisy or chrysanthemum family. If you experience fast or irregular breathing, itching, skin rash or hives, seek medical attention promptly. Also, use with caution and seek the advice of a qualified healthcare professional if you have liver disease, hemophilia or a stomach or intestinal blockage. Do not use for more than three consecutive months.\*

### KNOWN DRUG INTERACTIONS

This formula should be used with caution in combination with drugs that inhibit blood clotting and platelet aggregation including but not limited to warfarin (Coumadin®), heparin, clopidogrel (Plavix®), pentoxifylline (Trental®), and aspirin. Additionally, this formula may interact with antihistamine and antihypertension medications. There is also a possibility that this formula might interact with levodopa, a treatment for Parkinson's disease, and theoretically this formula may increase the side effects associated with neostigmine (Prostigmine®), and some eye drops including echothiophate iodide (Phospholine®) and isoflurophate (Fluoropryl®). Some of the herbs in this formula have not been studied extensively to determine their interactions with other medications. Before using this formula, talk with your healthcare professional if you take any medications.\*

### REFERENCES

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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.