

Lipid Symptoms*

Are Systems out of Alignment



Americans are consuming more fat and cholesterol-laden foods than ever before. But maintaining healthy blood lipid levels is more complicated than simply cutting down on these foods. In reality, multiple body systems must be addressed.

POLICOSANOL CHOLESTEROL COMPLEX is a Bio-Aligned Formula™ that features policosanol, a breakthrough heart-healthy ingredient derived from natural plant waxes. POLICOSANOL CHOLESTEROL COMPLEX goes deep to support multiple body systems: cholesterol regulation, breakdown and elimination, HDL regulation (high density lipoprotein), heart and circulation, antioxidant defense, and the thyroid gland.



*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.

SOURCE NATURALS®

Strategies for WellnessSM

POLICOSANOL CHOLESTEROL COMPLEX® is uniquely effective because it is a Bio-Aligned Formula™. Source Naturals evaluates the underlying causes of system imbalances. Then we design formulas that provide targeted nutrition to bring your interrelated body systems back into balance.

Cholesterol Regulation—Serum and Liver Levels

POLICOSANOL CHOLESTEROL COMPLEX contains herbs and nutrients that act in different ways to maintain healthy lipid levels. Policosanol acts at the level of cholesterol biosynthesis while beta sitosterol and green tea inhibit intestinal uptake of cholesterol and increase fecal bile secretion. Green tea reduces fat and cholesterol storage in the liver. Vitamin U acts at an enzymatic level. Curcumin (turmeric) significantly reduces serum lipid peroxides, raises HDL levels, and helps maintain cholesterol levels within the normal range. POLICOSANOL CHOLESTEROL COMPLEX provides the same amount of curcumin found effective in clinical research.



Cholesterol Breakdown and Elimination

The ingredients in POLICOSANOL CHOLESTEROL COMPLEX support cholesterol breakdown and elimination via several pathways. Artichoke and dandelion root support bile elimination. Bile, made by the liver to aid digestion, naturally contains cholesterol, some of which is removed through fecal excretion. Myrcetin supports the uptake and removal of cholesterol from the bloodstream by white blood cells. Vitamin U activates an enzyme involved in cholesterol breakdown, as shown in animal studies.

HDL Regulation (High Density Lipoprotein)

HDL (good) cholesterol is responsible for transporting cholesterol away from peripheral tissues and carrying it back to the liver, where it can be eliminated. Increasing HDL relative to LDL can support cholesterol elimination and health. Several ingredients in POLICOSANOL CHOLESTEROL COMPLEX support healthy HDL levels (see chart).

Heart and Circulation

Unrestricted and smooth blood flow is critical to a healthy heart and circulatory system. Ginkgo and policosanol support microcirculation and blood flow while vitamin C promotes elasticity of vessels. Recent research has focused on the cardioprotective and tryglyceride-lowering effects of garlic, as well as its effect on lipid levels. Hawthorn is the premier cardiac tonic of Western herbalism. Green tea may help reduce fat storage in the heart.



Antioxidant Defense

Cholesterol, although often viewed negatively, is essential for the integrity and stability of cell membranes, and the formation of hormones and bile salts. It is only when oxidation changes cholesterol's structure that arterial walls are affected. Antioxidants are crucial for protecting cholesterol from oxidation and maintaining healthy blood vessels. See chart for powerful antioxidants in POLICOSANOL CHOLESTEROL COMPLEX.

Thyroid Gland

A well functioning thyroid is essential for healthy metabolism, circulation and cholesterol levels. The thyroid regulates all aspects of metabolism, including heart rate. Gugulipid®, a compound used for centuries in India, supports thyroid function and aids the body's natural fat-burning mechanisms and release of stored fats. Kelp supplies iodine, an essential compound for production of thyroid hormones.

Maintaining Normal Cholesterol Levels: Healthy Lifestyle Tips

- **Eat Healthy:** A diet low in cholesterol, saturated fats and trans-fatty acids, and high in complex carbohydrates and fiber is important. Good choices include fruits and vegetables, whole grains, lean red meats, fish and poultry without skin low-fat or fat-free dairy products, beans and peas, and healthy fats such as olive oil in limited amounts. Avoid sugar, which has been reported to reduce protective HDL cholesterol.
- **Exercise Regularly:** Exercise may increase HDL (good) cholesterol and lower blood triglycerides by decreasing



body fat and increasing muscle mass. Regular aerobic exercises—brisk walking, jogging, swimming, biking, aerobic dance, and racquet sports—are the best forms of exercise for lowering LDL and raising HDL levels. Aim for 30-minute walks most days—an excellent goal is 20 to 25 miles a week. Resistance (weight) training offers a complementary benefit by reducing LDL levels



- **Quit Smoking:** Smoking lowers HDL (good) cholesterol and is directly responsible for approximately 20% of heart disease deaths. The toxic effects of cigarette smoke damage blood vessels in the heart and legs.
- **Drink Alcohol Only in Moderation:** Many studies have reported that modest alcohol consumption increases HDL levels and protects against heart disease and possibly stroke. However, since alcohol consumption can cause other health problems, you should consult your health care professional about alcohol use. Other substances in red wine, such as flavonoids, phytoestrogens and polyphenols, may contribute to wine's protective properties.

Policosanol Cholesterol Complex™ is a Bio-Aligned Formula™

Multi-System Support for Healthy Lipid Levels

Cholesterol Regulation	Beta Sitosterol, Garlic, Green Tea, Gugulipid®, Policosanol, Soybeans, Turmeric, Chromium, Inositol Nicotinate
Cholesterol Breakdown & Elimination	Artichoke, Dandelion, Myrcetin, Vitamin U
HDL Regulation (High Density Lipoprotein)	Garlic, Gugulipid®, Myrcetin, Turmeric, Chromium, Vitamin C
Heart & Circulation	Garlic, Ginkgo, Green Tea, Hawthorn, Policosanol, Vitamins C & E, Niacin
Antioxidant Defense	Ginkgo, Green Tea, Hawthorn, Myrcetin, Policosanol, Turmeric, Vitamins C & E
Thyroid Gland	Gugulipid®, Kelp

References

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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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