

ORGAN SUPPORT CHOLESTEROL SUPPORT™



Maintain healthy blood lipids levels.

Maintaining healthy cholesterol levels is an important step in maintaining a healthy body. Our **Cholesterol Support** formula is specifically designed to assist the body to balance healthy cholesterol levels. LDL and VLDL (low and very-low density lipoproteins) transport fats, primarily triglycerides and cholesterol, from the liver to body cells. High density lipoproteins (HDL) are responsible for returning fats to the liver where they can be broken down and excreted. **Cholesterol Support** formula is beneficial for supporting healthy HDL levels. The ratio of total cholesterol to HDL cholesterol and the ratio of LDL to HDL are used to determine whether cholesterol is being deposited into tissues or broken down and excreted. Also, back by popular, Mountain Peak Nutritionals is delighted to reintroduce red yeast rice extract to our **Cholesterol Support** formula.

Supplement Facts

Serving size: 3 capsules

Servings per container: 30

Amount per serving		%DV
Niacin (from Inositol Hexanicotinate)	175 mg	1094%
Red Yeast Rice Extract	600 mg	*
Guggul Extract (stem)(Commiphora spp) (2.5% E & Z guggulsterones)	200 mg	*
Phytosterol Complex	200 mg	*
Providing (typically):		
Total Phytosterols 180 mg		*
Beta-sitosterol 92 mg		*
Campesterol 54 mg		*
Stigmasterol 33 mg		*
Brassicasterol 600 mcg		*
Sitostanol 600 mcg		*
Artichoke Extract (leaf)(Cynara spp)(2% cynarin)	150 mg	*
Garlic Extract (bulb)(Allium spp)(10% allicin)	100 mg	*
Lactobacillus sporogenes (10 billion per gram)	75 mg	*
Phosphatidyl choline (lecithin)	60 mg	*
Gynostemma Extract (leaf)(5:1)	60 mg	*
Coenzyme Q-10	30 mg	*

* Daily Value not established.

Other ingredients: Vegetarian capsules (hypromellose, purified water)

INGREDIENTS:

Guggul

Guggul is a gum resin extract from the Commiphora mukul tree, which is native to India. Guggul is primarily used to support the cardiovascular system and to balance healthy cholesterol levels. The ketonic steroids Z-guggulsterone and E-guggulsterone are found in guggul extracts, including guggulipid, which is the ethyl acetate extract of the gum resin. Guggulsterones can affect the synthesis of cholesterol in the liver and have an antioxidant effect on lipids (1).

Coenzyme Q-10

Coenzyme Q-10 (CoQ10) may increase plasma levels of HDL cholesterol, decrease levels of total cholesterol and LDL cholesterol. CoQ10's primary functions include activity as an antioxidant, a membrane stabilizer, and as a cofactor in many metabolic pathways, particularly in the production of adenosine triphosphate (ATP) in oxidative respiration (2).

Red Yeast Rice Extract

Red yeast is the product of rice fermented with *Monascus purpurea* yeast. It is used for maintaining normal cholesterol levels in healthy people. Our highly purified red yeast is manufactured by culturing *M. purpureus* on rice at a carefully controlled temperature and growing conditions that increase the concentration of vital compounds that can help balance healthy cholesterol levels. Carefully produced to avoid the presence of citrinin.

Phosphatidyl Choline

Phosphatidyl Choline is a phospholipid and a major constituent of lecithin. Soybean lecithin contains 24% phosphatidylcholine. The hydrolysis of phosphatidylcholine by pancreatic phospholipase A2 plays a direct role in regulating the absorption of certain lipids and lipid-soluble vitamins (3).

Lactobacillus Sporogenes

Lactobacillus refers to a group of lactic acid producing, gram-positive rods that are obligate and facultative anaerobes. Lactobacillus sporogenes are capable of binding cholesterol in the intestines, affecting its absorption.

Phytosterol Complex

Phytosterols are sterol molecules, similar in structure to cholesterol, which are synthesized by plants and are present naturally in grains, nuts, seeds, fruits and vegetable oils. Phytosterols help maintain healthy enzyme function, support better lipid metabolism and may affect intestinal absorption of cholesterol by competing for the limited space in mixed micelles. When there is less cholesterol available in the body, compensatory mechanisms kick in and increase the cholesterol synthesis in the liver (4). Beta-sitosterol is commonly added to margarines to reduce cholesterol content.

Niacin and Inositol (from Inositol Hexanicotinate)

Inositol Hexanicotinate consists of six molecules of niacin chemically linked to an inositol molecule. It is hydrolyzed in the body to free niacin and inositol. This occurs slowly, with peak serum levels not occurring until about 10 hours after ingestion, which reduces the incidence of the flushing associated with niacin. Taking Inositol Hexanicotinate orally supports healthy serum lipid levels (5).

Gynostemma Pentaphyllum (Jiaogulan)

The applicable part of the Jiaogulan is the leaf. The triterpene saponins in Jiaogulan, referred to as gypenosides, have antilipid peroxidation activity (6). Evidence from human studies indicates Jiaogulan may have cholesterol balancing effects (7).

Artichoke

Artichoke extract has a mild synergistic effect to assist the body's ability to maintain healthy cholesterol levels.

Garlic

The applicable part of garlic is the bulb. Garlic has been traditionally used to support a variety of the body's functions including the balance of healthy cholesterol levels. The garlic extract raw material in this formula is standardized to contain 10% allicin.

This formula is available in two sizes:

90 vegetarian capsules

180 vegetarian capsules

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mtnpeaknutrition.com



9953 SW Arctic Drive
Beaverton, OR 97005

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