



Cholester-Reg II

Stock #557-7 (90 capsules)

Cholester-Reg II is a nutritional supplement created to help manage cholesterol levels and promote cardiovascular health. Cholester-Reg II contains natural substances that may help lower elevated cholesterol levels, inhibit the production of cholesterol in the liver, and prevent blood clots. Each capsule of Cholester-Reg II provides a 500mg proprietary blend of:

Artichoke leaves are well-known to stimulate bile flow from the liver, which in turn, helps lower serum cholesterol levels. A recent double-blind, randomized, placebo-controlled, multi-center clinical trial was conducted to assess the effects of artichoke extract on patients with initial total cholesterol levels greater than 280. After 6 weeks, those taking artichoke extract showed an 18.5% decrease in total cholesterol and a 22.9% decrease in LDL cholesterol, compared to the placebo group, which showed reductions of only 8.6% and 6.3% respectively. Researchers concluded that this study provided clear evidence for recommending artichoke extract for treating hyperlipoproteinemia (excess lipoproteins in the blood) and, thus, prevention of atherosclerosis (thickening/hardening of the arteries due to buildup of cholesterol and fatty deposits) and coronary heart disease (a condition involving the heart and coronary arteries characterized by atherosclerotic deposits in the arteries that block blood flow to the heart, causing a heart attack). In addition, artichoke extract has been shown to slow the oxidation of LDL cholesterol in vitro—oxidation of LDL cholesterol contributes to the forming of plaque deposits in the arteries.¹⁻⁴

Phytosterols (naturally occurring plant sterols) have proven cholesterol-lowering benefits and are recommended by the American Heart Association and the National Cholesterol Education Program Expert Panel to help reduce low-density lipoprotein (LDL) cholesterol. Phytosterols, which are poorly absorbed, lower cholesterol by interfering with its absorption in the small intestine. Human studies have found that at least 3 grams of phytosterols daily produce significant lipid-lowering effects. Furthermore, anecdotal reports that mushrooms, seaweed and spirulina lower cholesterol could be attributed to the phytosterols they contain.⁵⁻⁹

Inositol Nicotinate contains both inositol (a member of the vitamin B-complex) and niacin (nicotinic acid, also known as vitamin B₃). The use of niacin in large doses is well-known for its effectiveness in reducing cholesterol and triglycerides. However, high-dose niacin therapy can cause intense flushing for 30-60 minutes after it is taken and may also cause gastrointestinal disturbances such as dyspepsia (indigestion) and diarrhea. Fortunately, inositol nicotinate appears to provide the same actions as niacin—the ability to inhibit cholesterol synthesis (production) in the liver; increase HDL (high-density lipoprotein) levels; and decrease VLDL (very-low-density lipoprotein) synthesis in the liver, resulting in a reduction in LDL, total cholesterol and triglyceride levels—with no adverse effects reported. In addition, inositol nicotinate acts as a vasodilator (a substance that causes dilation or opening of blood vessels) to improve microcirculation in patients with Raynaud's disease—a condition commonly resulting from atherosclerotic deposits in the arteries.¹⁰⁻¹³

Resveratrol, a compound found in grapes and red wine, may help prevent heart disease. Researchers have found that resveratrol inhibits the formation of blood clots, which can lead to heart attack and stroke. Resveratrol also participates in cholesterol metabolism and thus, may help prevent the formation and build-up of plaque deposits in the arteries. In addition, resveratrol has been shown to protect against LDL oxidation in vitro. Furthermore, animal and in vitro studies suggest that resveratrol may function as an anti-cancer agent.¹⁴⁻¹⁸

Policosanol, a proprietary extract derived from sugar cane wax, is one of the newest discoveries in the treatment of heart disease risk. Policosanol appears to work primarily by inhibiting the liver's production of cholesterol. A review of placebo-controlled lipid-lowering studies using policosanol and studies investigating policosanol's actions and chemistry revealed that at doses of 10 to 20mg per day, policosanol can reduce total cholesterol by 17-21% and low-density lipoprotein (LDL) cholesterol by 21-29%, and increase high-density lipoprotein (HDL) cholesterol by 8-15%. According to research, policosanol also appears to be a very promising natural alternative to classic lipid-lowering drugs such as the statins. For example, one study showed that policosanol produced more effective changes in HDL cholesterol and demonstrated a better safety and tolerability profile than lovastatin. Likewise, another study found the effects of policosanol on lipid profile and platelet aggregation (blood clotting) in older patients with type II hypercholesterolemia (excess cholesterol in the blood) and high coronary risk to be more favorable than those induced by the same doses of pravastatin. Furthermore, a randomized, double-blind, placebo-controlled study involving healthy volunteers found policosanol (20mg per day) to be as effective as aspirin (100mg per day) for reducing platelet aggregation.¹⁹⁻²³

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