



Guggul Lipid (Concentrate)

Stock #904-6 (100 tablets)

Guggul Lipid is made from the gum resin of a small thorny tree native to certain semi-arid regions of India. The use of guggul for obesity and the “coating and obstruction of channels” dates back to ancient Ayurvedic medicine. Guggul is the most important resin in Ayurvedic medicine and is considered the best remedy for arthritic problems. Ayurvedic physicians also use guggul for nervous conditions, respiratory congestion and coughs, skin diseases, and weight reduction. Guggul is believed to stimulate white blood cell activity to fight infection, relieve congestion in the lungs, heal the skin and mucous membranes, help regulate menstruation, and promote the elimination of dead tissues, fat, toxins, and tumors.

Recent scientific studies confirm guggul lowers LDL cholesterol and triglycerides and raises HDL cholesterol. In fact, research published in the *Indian Journal of Medical Research* shows total blood cholesterol levels have been reduced by 20% or more, solely on the basis of guggul supplementation.

Guggul has been the focus of a number of clinical studies in which researchers found cholesterol levels could be reduced 14-27% and triglycerides could be lowered 22-30%.

The Journal of the Association of Physicians of India published a study on guggul's effect in the treatment of serum lipids in obese hypercholesterolemic patients. Results following the 21-day study demonstrated that an extract of guggul significantly reduced serum cholesterol and serum lipids, comparable to or better than results obtained using the drug, clofibrate.

The Indian Journal of Medical Research published a study on guggul which determined its anti-inflammatory activity. Results showed an extract of the herb produced a noticeable effect on both primary and secondary inflammation (artificially induced). The extract also exhibited better results than hydrocortisone in improving the seriousness of secondary lesions, as well as comparable anti-inflammatory activity.

Guggul has also been shown to reduce platelet adhesiveness and increase the blood's fibrinolytic (fibrin-breaking) ability, both of which help prevent thrombosis, lessening the risk of coronary heart disease, including heart attack and stroke. Experimental and clinical studies have been conducted at Banaras Hindu University in India on the effects of guggul in atherosclerosis and obesity—reducing blood fats also plays a role in weight loss.

The two “active” steroidal constituents in guggul lipid are Z-guggulsterone and E-guggulsterone; therefore, a guggul lipid supplement should be standardized for guaranteed guggulsterone content. Recommended dosages vary, with 25mg of guggulsterones taken 3 times daily most commonly recommended.

Guggul has been shown to be quite effective in treating atherosclerosis, elevated blood pressure, hypercholesterolemia, and hyperlipidemia.