PRODUCT INFORMATION:

Four tablets typically provide:		%NRV*
Vitamin E (149iu)	100mg α-TE	833
Cinnamon bark extract 30:1 (equivalent to 1000mg cinnamon bark)	33.4mg	
Red yeast rice	200mg	
Plant sterols (providing beta sitosterol, campesterol, stigmasterol, brassicasterol)	1000mg	

***NRV** = Nutrient Reference Value

INGREDIENTS:

Bulking agent: microcrystalline cellulose (silicon dioxide); plant sterols (from **soya**), bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate*; red yeast rice powder, natural vitamin E (as d-alpha tocopheryl succinate), emulsifier: sodium carboxymethyl cellulose; anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); cinnamon bark extract 30:1. *(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, starch, sugar, wheat, yeast, .

Jar 1 PET

Lid 5 PP

Suitable for vegetarians and vegans.
This product is not tested on animals.

higher nature®

RED STEROL COMPLEX

NORMAL CHOLESTEROL BALANCE

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90 tablets

RED STEROL COMPLEX

WITH PLANT STEROLS

RED090
118

✓ A daily intake of at least 0.8g of plant sterols contributes to the maintenance of normal blood cholesterol levels.

DIRECTIONS:

Adults take 2 tablets twice a day after meals for 12 weeks, thereafter one tablet twice a day, or as your health professional advises. Do not exceed recommended daily intake.
Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle, including regular consumption of fruit and vegetables to help maintain carotenoid levels.
This product is intended exclusively for people who want to lower their blood cholesterol level. The total dietary intake (from foods and supplements) of phytosterols should not exceed 3g a day.

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WARNING:

May cause a temporary and harmless red colouring of the stool. Not to be taken by children, or if pregnant or breastfeeding. Patients on cholesterol-reducing medication should only consume this product under medical supervision.

STORAGE:

Store in a cool, dry, steam free environment out of the reach of children.

Higher Nature, Burwash Common, East Sussex, TN19 7LX, UK www.highernature.com