

SUGGESTED USE Each packet contains the optimum combination of water-soluble fiber and plant sterols to naturally reduce Total and LDL Cholesterol levels. Consume the **contents** of one packet daily with the largest meal of the day. Always consume with adequate fluid. CholestaCare PLUS Fibermucil is intended to be taken immediately before, during or within 60 minutes of finishing eating. As with any dietary supplement, this product is most effective when used as part of a healthy diet low in saturated fat and cholesterol and an active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

NOTICE All fiber products should be taken with a full glass of liquid. Consuming any fiber product without adequate fluid may cause choking. Do not use this or any fiber product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.



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Andrew Lessman
Founder of ProCaps Labs



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NATURAL CHOLESTEROL MANAGEMENT

CHOLESTACARE PLUS FIBERMUCIL™

NATURAL PLANT STEROLS • NATURAL PSYLLIUM FIBER
BULK AND WATER SOLUBLE FIBER



60 Perma-Fresh Packets™ • 240 Easy-to-Swallow Capsules

Andrew Lessman's CHOLESTACARE PLUS FIBERMUCIL is specifically formulated to safely and naturally lower Total and LDL Cholesterol using two all-natural active ingredients approved by the US Government for the reduction of cholesterol and heart disease risk. The active ingredients in both **CholestaCare** and **Fibermucil** are supported by decades of extensive clinical studies, which have unequivocally proven their ability to support heart health by safely lowering Total Cholesterol and LDL Cholesterol (the “bad” cholesterol). The research on **CholestaCare** is so convincing that its active ingredient is the first natural ingredient actually recognized by the US Food and Drug Administration (FDA) to lower your Total and LDL Cholesterol. By adding **Fibermucil** to **CholestaCare** we increase its cholesterol-lowering power with a natural ingredient that is supported by clinical studies going back over 50 years. The combination of **CholestaCare** and **Fibermucil** delivers heart health and cholesterol-lowering benefits far greater than either can provide on their own.

CholestaCare PLUS Fibermucil provides a natural means of lowering cholesterol that is entirely derived from edible plants. **CholestaCare** is our specially balanced blend of plant sterols, while **Fibermucil** is our all-natural, 100% pure, encapsulated Psyllium Husk powder from the high-fiber Indian plant *Plantago ovata*. Both of these active ingredients have been an important part of healthy vegetarian diets for centuries and in recent decades have been included in nutritional supplements for their heart health benefits. Beyond centuries of safely realized health benefits, both of these active ingredients are now FDA-approved to support heart health by lowering Total and LDL Cholesterol. In fact, according to the US Food and Drug Administration, consuming at least 400 mg per serving of **CholestaCare** twice daily with meals for a daily total intake of at least 800 mg of **CholestaCare**, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One packet of **CholestaCare PLUS Fibermucil** provides 800 mg of this FDA-approved active ingredient. To further enhance the proven cholesterol-lowering properties of **CholestaCare**, we have added **Fibermucil**, our all-natural, mild and non-abrasive, 100% pure Psyllium Husk powder. Dietary fiber is generally considered the most overlooked component in the American diet, which is unfortunate since it is well established that dietary fiber can naturally support heart health by safely reducing Total and LDL Cholesterol.

Nowadays, heart health seems to be synonymous with lower cholesterol and as a result, millions of Americans are taking cholesterol-lowering “statin” drugs, which come with a very long list of dangerous side effects. If you and your physician would prefer a clinically proven, safe and natural method for achieving healthy cholesterol levels that contains two natural ingredients, then **CholestaCare PLUS Fibermucil** is the perfect choice. When used in conjunction with the appropriate diet, **CholestaCare PLUS Fibermucil** can reduce or even eliminate the need for cholesterol-lowering “statin” drugs by delivering reductions in cholesterol previously only thought to be achievable with drugs. Of course, partner with your physician to determine how **CholestaCare PLUS Fibermucil** can best accomplish your cholesterol and “statin” drug reduction goals.

The Western diet tends to increase our cholesterol levels and clinical studies have consistently proven that including the active ingredients from **CholestaCare PLUS Fibermucil** in your diet can help to lower Total and LDL Cholesterol levels, providing a safe and easy way to help reduce your risk of heart disease. Despite the powerful, proven benefits of **CholestaCare PLUS Fibermucil**, it is important to never underestimate the profound and long-term benefits of a healthy diet and active lifestyle. By adding **CholestaCare PLUS Fibermucil** to such a diet and lifestyle, you and your doctor are assured of getting the very best results from your efforts. Despite **CholestaCare's** proven effectiveness, it should never provide an excuse to ignore one's diet. In fact, **CholestaCare PLUS Fibermucil** works best when taken with meals that contain less “bad” hydrogenated and saturated fat and cholesterol, and when you try to avoid simple sugars or convertible carbohydrates, such as potatoes, pasta, rice and bread.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, coating, diluent, common allergens, color, flavor, sweetener or preservative.

THE PERFECT PACKET.

The Perma-Fresh Purple Packet. The Only Packet Worthy of Our 100% Pure Products.



Our **Purple Packet** is our most advanced packet ever, offering even more protection than our original Foil Packet. To retain potency, vitamins must be protected from light, moisture and oxygen and the ordinary clear packets used with typical vitamins cannot do so. Our unique **Purple Packets** are constructed from multiple layers of specialized materials to safeguard your vitamins from damaging light, moisture and oxygen. For decades, our Foil Packets set the standard for vitamin protection and today, our **Perma-Fresh Purple Packet** takes that protection to the highest levels, giving your vitamins the special protection they deserve.

Supplement Facts

Serving Size 1 Packet (4 capsules)

Servings Per Container 60

Amount Per Serving		%DV*
Calories	0	
Total Carbohydrate	1 g	<1%
Dietary Fiber	1.1 g (1,100 mg)	4%
Soluble Fiber	0.9 g (940 mg)	†
Insoluble Fiber	0.2 g (160 mg)	†
Psyllium, powder (husk)	1.3 g	†
Lactobacillus sporogenes	13 Million CFU	†
CholestaCare™ Proprietary Sterol Blend	800 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule, Leucine, and Silicon Dioxide.