NATURAL CHOLESTEROL MANAGEMENT

ANDREW LESSMAN

PROCAPS LABORATORIES

100% SOLAR

ULTIMATE OATMEAL™

Organic Gluten-Free Rolled Oats

Enhanced with Natural Plant Sterols

50.8 Oz (3.17 lb) (1.44 kg) | 60 Servings

Cooking Instructions.

Cook as you would normally cook your favorite oatmeal. We suggest a serving size of ¼ to ½ cup per person. Bring the desired amount of water to a boil – generally double the quantity of oats. In other words, ½ cup of oats requires 1 cup boiling water. Add our **Ultimate Oatmeal** to the boiling water and immediately reduce heat. Cook on low heat for 5 to 10 minutes or until desired texture is reached. Use more or less water to change consistency. You can also prepare with nonfat milk or other liquids and sweeten with a small amount of honey or maple syrup. Of course, adding fruits or nuts makes for an even healthier meal. You can also create "quick" oats by briefly placing **Ultimate Oatmeal** in a food processor or blender. **For questions about the use of this product call 800.332.7799.**

All Natural Cholesterol Reduction.

Ultimate Oatmeal is the first cholesterol-reducing cereal of its kind. It combines Mother Nature's #1 cholesterol-lowering food (**Oats**) with her most powerful cholesterol-reducing ingredient (**plant sterols**). **Oats** have long been respected for their ability to lower cholesterol and **plant sterols** have been clinically proven to reduce total and LDL cholesterol levels. The US Government has approved health claims for both **Oats** and **plant sterols** to naturally lower cholesterol and help reduce the risk of heart disease. **Ultimate Oatmeal** is a delicious, heart-healthy cereal that delivers far greater cholesterol-reducing power than ordinary oatmeal.

No Ordinary Oats: Organic and Gluten-Free.

Ultimate Oatmeal is both **Organic *and* Gluten-Free**. This might seem like an ordinary statement, since all oats are "naturally" Gluten-Free, but surprisingly, almost *NO* American oats are Gluten-Free. Because our agricultural system is so overrun by wheat, ordinary oats are contaminated by Gluten and are therefore not Gluten-Free. Even if you find Organic oats, they will rarely be Gluten-Free. Similarly, if you can find Gluten-Free oats, in most cases, they will not be Organic. Only a tiny percentage of oats in America are both Organic and Gluten-Free (less than 0.01 percent). Of course, since all of our products are Gluten-Free, we only use those rare **Organic *and* Gluten-Free** Oats in our **Ultimate Oatmeal**.

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.

Healthy Oats for Lower Cholesterol.

Oats have been consumed for centuries and their popularity has grown in recent years due to their heart-healthy, cholesterol-lowering benefits. Oats are filling and nutrient-rich, yet low in calories, so they are ideal for weight-loss. Plus, because oats are both sodium-free and sugar-free, they also support healthy blood pressure and blood sugar levels. Oats also possess uniquely high concentrations of a water-soluble fiber called beta-glucan, which is the secret behind their cholesterol-lowering power.

A Natural Solution to an Unhealthy Problem.

The typical "American" diet increases cholesterol levels, and with it, the risk of heart disease. As a result, millions of Americans must take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician are seeking a natural tool to lower cholesterol, **Ultimate Oatmeal** is the perfect solution. We combine heart-healthy **Oats** with cholesterol-lowering **plant sterols**. In fact, the 800 mg of **plant sterols** in just ¼ cup of **Ultimate Oatmeal** is all you need to transform your cholesterol levels.

According to the US Food and Drug Administration, consuming at least 400 mg of **plant sterols** twice daily with meals for a daily total intake of at least 800 mg, as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each ¼ cup of **Ultimate Oatmeal** supplies **800 milligrams** of **plant sterols**. Plus, our **Ultimate Oatmeal** is also a natural source of soluble fiber, including beta-glucan (at least 1 gram per ¼ cup) that may also reduce the risk of heart disease as part of that healthy diet.

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

PROCAPS LABORATORIES

Andrew Lessman, Founder

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www.QVC.com 800.345.1515

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608138-03M

Nutrition Facts

60 servings per container

Serving size

1/4 Cup dry (24 g)

Calories per serving **80**

Amount / Serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%

Amount / Serving	% Daily Value*
Soluble Fiber 1g	
Insoluble Fiber 1g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Natural Plant Sterols 800 mg	

Vitamin D 0 mcg (0 IU) 0% • Calcium 10mg 0% • Iron 1mg 6% • Potassium 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. (*DV not established)

Ingredients: Organic Gluten-Free Rolled Oats enhanced with Natural Plant Sterols.

This package is sold by weight, not by volume. It contains the full weight indicated on the label.