

DIRECTIONS: For adults, take three (3) softgels daily with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

NOTICE: Most people should not experience flushing when using this product. However a few sensitive individuals may experience a temporary skin flushing (hot feeling and skin redness), burning, itching, or rash caused by an increase in blood flow near the skin. Do not take on an empty stomach. Do not take more than the recommended dose unless prescribed by your doctor.

**Diet low in saturated fat and cholesterol that include 2 g per day of plant sterols eaten with meals or snacks may reduce the risk of heart disease. A serving of Cholest Wise supplies 0.6 g of plant sterols.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 17077
www.puritan.com
1-800-645-1030

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Heart Essentials®

Cholest Wise

with Beneficial Phytosterols*

**May Reduce the Risk
of Heart Disease****

(see side panel)

120 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving		% Daily Value
Calories	20	
Total Fat	1.5 g	2%***
Cholesterol	10 mg	2%
Niacin (as Inositol Hexanicotinate)	600 mg	3,750%
Phytosterol Complex	975 mg	****
Providing: Sterol Esters (Beta Sitosterol, Campesterol, Stigmasterol) equivalent to 600 mg of plant sterols		
Fish Oil	750 mg	****
provides 225 mg of Total Omega-3 Fatty Acids† comprising of:		
EPA (Eicosapentaenoic Acid)		****
DHA (Docosahexaenoic Acid)		****
Other Fatty Acids		****
Odorless Garlic (<i>Allium sativum</i>) (bulb)	3.75 mg	****
(From a 100:1 Extract, equivalent to 375 mg of Garlic)		
Parathine	37.5 mg	****
Inositol (as Inositol Hexanicotinate)	150 mg	****
Palmitoanal (from rice wax)	7.5 mg	****

***Percent Daily Values are based on a 2,000 calorie diet.

****Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Soybean Oil. Contains <2% of Silica, Soy Lecithin, Titanium Dioxide Color.

Contains soy and fish (anchovy, herring, mackerel, sardine) ingredients.

Contains bioengineered food ingredients.

No Natural Triglycerides