

SUGGESTED USE Consume one or two capsules with each meal or snack depending on the amount of food consumed – with small meals or snacks consume a single capsule and with larger meals 2 capsules. Minimum effective dosage is 2 capsules daily and the largest cholesterol reduction is achieved at 6 capsules daily divided between meals. **CholestaCare** is intended to be taken with food and is best taken 30 minutes before or no more than 60 minutes after eating. This product is most effective when used as part of a low cholesterol, fiber rich diet. **For answers to questions about the use of this product call 800.800.1200.**



QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.ProCAPSLABS.com



430 Parkson Road • Henderson, NV 89011

NATURAL CHOLESTEROL MANAGEMENT

CHOLESTACARE™

NATURAL PLANT STEROLS

HELPS REDUCE TOTAL CHOLESTEROL
AND LDL CHOLESTEROL LEVELS



DIETARY SUPPLEMENT



500 Easy-to-Swallow Capsules

Andrew Lessman's CHOLESTACARE is an effective, natural formula providing our unique phytosterol blend, designed to support heart health by helping to reduce Total Cholesterol and LDL Cholesterol levels. Medical experts recognize that our Total Cholesterol and LDL (**L**ow **D**ensity **L**ipoprotein) Cholesterol levels are important indicators of our cardiovascular health or risk. The Food and Drug Administration now recognizes that Phytosterols, like those contained in **CholestaCare**, provide a natural means of lowering Total and LDL Cholesterol and thereby supporting heart health. Although naturally present in fruits, vegetables and grains, most Americans do not consume adequate amounts of these foods to achieve the recommended levels of the plant sterols necessary to positively affect their Cholesterol levels. Moreover, the foods that most Americans consume tend to deliver high levels of saturated fats and cholesterol, which can increase Total Cholesterol and other cardiovascular risk factors. Scientific evidence establishes that including adequate amounts of plant sterols in the diet helps to lower Total Cholesterol and LDL Cholesterol levels, which is important for heart health since high Total Cholesterol and high LDL Cholesterol levels are associated with an increased risk of developing coronary heart disease. **According to the US Food and Drug Administration, consuming at least 400 mg per serving of plant sterols twice daily with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A capsule of CholestaCare supplies 400 milligrams of plant sterols.** Of course, an intelligent approach to heart health and cholesterol reduction involves more than simply consuming **CholestaCare** daily and should also include a sensible dietary, exercise and weight control program under the guidance of a health care professional.

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, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or common allergens.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 250

Amount Per Serving	%DV
CholestaCare™ Proprietary Sterol Blend	800 mg †

† Daily Value not established.

Other Ingredients: Gelatin capsule, Vegetable Magnesium Stearate and Silicon Dioxide.