

www.puritan.com

DIRECTIONS: For adults, take three (3) softgels daily, preferably 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: Consult your doctor before taking this product, or if you are switching niacin products. Nicotinic Acid may cause a temporary skin flushing (hot feeling and skin redness), burning, itching, or rash. Sensitive individuals may experience unexpected drop of blood pressure or dizziness, especially if you have a history of low blood pressure or use antihypertensive medication. Do not take more than 3 softgels of this product per day, except under the supervision of a physician.

**Diets low in saturated fat and cholesterol that include 2 g per day of phytosterols eaten with meals or snacks may reduce the risk of heart disease through the intermediate link of blood total and LDL cholesterol. A serving of Cholest Wise supplies 0.8 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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PURITAN'S PRIDE, INC.
Bankersboro, NY 11779 U.S.A.
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 Puritan's Pride

Heart Essentials®

Cholest Wise

with Beneficial Phytosterols*

May Reduce the Risk
of Heart Disease**

**DIFFERENT
COLOR**
SUNBRIGHT

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 Providing: Sterol Esters (Beta Sitosterol, Campesterol, Stigmasterol) equivalent to 600 mg of plant sterols	975 mg	****
Fish Oil provides 225 mg of Total Omega-3 Fatty Acids† comprising of: EPA (Eicosapentaenoic Acid) DHA (Docosahexaenoic Acid) Other Fatty Acids	750 mg	****
Inositol (as Inositol Hexanicotinate)	150 mg	****
Folate	37.5 mg	****
Policosanol (from Rice Wax)	7.5 mg	****
Garlic Extract (Allium sativum) (bulb) (from a 100:1 Extract, equivalent to 375 mg Garlic)	3.75 mg	****

***Percent Daily Values are based on a 2,000 calorie diet.
****Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Soybean Oil, Soy Lecithin, Contains 2% of Paprika Extract (Color), Silica.

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

†No Triglycerides

Contains ingredients that may result in a variation of color and appearance over time.