

PRODUCT INFORMATION

Four tablets typically provide:

		%RDA*
Vitamin E (149iu)	100mg α -TE	833
Cinnamon bark extract 30:1 (equivalent to 1000mg cinnamon bark)	33.4mg	
Red yeast rice	200mg	
Plant sterols (providing beta sitosterol, campesterol, stigmasterol, brassicasterol)	1000mg	

*RDA = Recommended Daily Allowance

INGREDIENTS: Bulking agent: microcrystalline cellulose (silicon dioxide); plant sterols (from **soya**), bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate*; red yeast rice powder, natural vitamin E (as d-alpha tocopheryl succinate) (from **soya**), anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); cinnamon bark extract 30:1. *(vegetarian source)

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.



HIGHER NATURE®

MAINTAINS
HEALTHY
CHOLESTEROL

RED STEROL COMPLEX

red yeast rice, plant sterols,
cinnamon & vitamin E

30 tablets
VEGAN
FOOD SUPPLEMENT

RED STEROL COMPLEX

✓A daily intake of at least 0.8g of plant sterols contributes to the maintenance of normal blood cholesterol levels.

DIRECTIONS: Adults take 2 tablets twice a day after meals for 12 weeks, then maintain at 2-3 tablets a day, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle, including regular consumption of fruit and vegetables to help maintain carotenoid levels.

This product is intended exclusively for people who want to lower their blood cholesterol level.

The total dietary intake (from foods and supplements) of phytosterols should not exceed 3g a day.

May cause a temporary and harmless red colouring of the stool. Not to be taken by children, or if pregnant or breastfeeding. Patients on cholesterol-reducing medication should only consume this product under medical supervision.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

30 tablets
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