

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 two capsules. To achieve the benefits of this product, you must consume at least two capsules daily; however, there is never a need to consume more than eight capsules per day. The largest reduction in Total and LDL Cholesterol is achieved as the dosage increases from two to eight capsules daily with the optimum standard dosage being three to six capsules daily. **CholestaCare** is always most effective when taken with food and is best taken 30 minutes before or no more than 60 minutes after completing a meal or snack. This product is most effective when used in conjunction with a healthy, balanced diet low in saturated fat and cholesterol, and the nutritional foundation provided by a high potency, comprehensive multi-vitamin-mineral supplement from **ANDREW LESSMAN'S Life Rx™** family of formulas. **For answers to questions about the use of this product call 800.800.1200.**

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

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ALL-SOLAR MANUFACTURING
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Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
 Founder of PROCAPS LABS



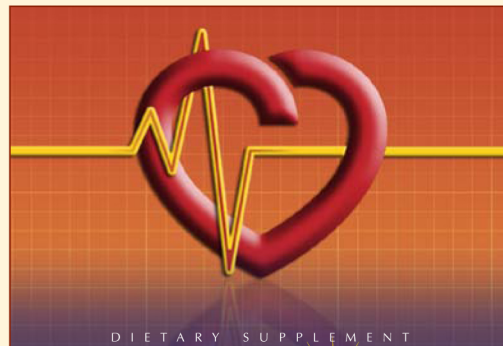
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NATURAL CHOLESTEROL MANAGEMENT

CHOLESTACARE™

NATURAL PLANT STEROLS

**HELPS REDUCE TOTAL CHOLESTEROL
 AND LDL CHOLESTEROL LEVELS**



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360 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. 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.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 180

Amount Per Serving

CholestaCare™	800 mg	†
Proprietary Sterol Blend		

† Daily Value not established.

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