

NaturalCare.

Cholest-Care™

Cholesterol Support

Dietary Supplement
and Guide

**Nutritive
Support
to help:**

- Sustain Cardiovascular Health
- Protect Circulatory System

120 Capsules

WARNINGS: Do not use if safety seal is broken or missing. Keep out of reach of children. This product is not to be used by anyone under 20 years of age. Consult with your physician before using this product if you are taking any medication, or if you are under physician supervision. Do not use if you are pregnant, may become pregnant, or are breast feeding, because using this product may cause birth defects. CA residents, please see Prop. 65 warning available from your retailer or reference www.nutrahealth.com/notices.

Directions: Use only as directed. Adults take 2 capsules twice daily. Store in a cool dry place.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Proprietary Blend	988 mg	†
Red Yeast Rice (<i>Monascus purpurea</i>) (extract)		†
Milk Thistle Extract (<i>Silybum marianum</i>) (seed extract)		†
Phytosterol Complex		†
CoEnzyme Q10		†
Policosanol (from beeswax)		†

†Daily value not established

Other Ingredients: Gelatin capsule, Cellulose, Magnesium stearate, Silica, Titanium dioxide (natural mineral capsule color).

Mfd. for NaturalCare

www.enaturalcare.com

Comments or Questions:
NaturalCare
Provo, UT 84604 USA ©2009
(800) 222-7421

Item No. 12580

What is cholesterol?

Cholesterol is a soft, waxy substance found in all parts of the body. This includes the nervous system, skin, muscle, liver, intestines, and heart. It is made by the body and can also be ingested from animal products in the diet. Cholesterol is manufactured in the liver for normal body functions, including the production of hormones, cell membranes, digestive juices, and vitamin D. It is transported in the blood throughout the body. In foods, cholesterol is found in eggs, dairy products, meat, and poultry. Foods of plant origin (vegetables, fruits, grains, cereals, nuts, and seeds) contain no cholesterol.

How to manage cholesterol

- Know your levels of HDL and LDL (the good and bad cholesterol) by testing and talking to your health care provider.
- Limit total saturated fat intake.
- Get more fiber in the diet.
- If overweight, lose weight with a sensible healthy weight loss program.
- Increase physical activity by exercising regularly.
- Increase intake of fresh fruits and vegetables.
- Increase intake of wild-caught cold water fish.

Cholesterol and cardiovascular health

Your body needs a constant supply of oxygen to function normally. The cardiovascular system consists of the heart, lungs, and blood vessels, and the blood that circulates through them. The heart and circulatory system make up your cardiovascular system and work in tandem with respiratory and other systems. Your heart works as a pump that pushes blood to the organs, tissues, and cells of your body. Blood delivers oxygen and nutrients to every cell and removes the carbon dioxide and waste products made by those cells.

Cholesterol deposits can build in the cardiovascular system causing the delicate balance between the heart, blood flow, and respiration to be affected.

Excessive cholesterol and triglycerides in the body can harm the heart, and damage the circulatory system which can negatively impact the entire body. Getting plenty of exercise, eating a nutritious diet, maintaining healthy cholesterol levels and a healthy weight, and getting regular medical checkups are the best ways to stay healthy and avoid long-term health problems.