

More Information on the **GMSI Cholesterol Management System**

Cholest™

Cholest™ is a Red yeast rice extract with coenzyme Q10 for support of already normal cholesterol levels*

- ✓ Supports cardiovascular health by helping maintain already normal cholesterol levels*
- ✓ Contains naturally-occurring monacolins*
- ✓ CoQ10 enhances antioxidant activity*
- ✓ Made without preservatives, magnesium stearate, or other lubricants and diluents
- ✓

Product Information of Ingredients and Warnings

Natural management of already normal cholesterol levels should involve dietary and lifestyle modifications, including a low-saturated fat, low-carbohydrate diet, and aerobic exercise. As additional supplementation, several nutrients and botanicals can be used to help maintain lipid metabolism and support the already normal cholesterol levels.*

The cholesterol fraction that appears to be of most concern is LDL cholesterol, and, in particular, oxidized LDL. Antioxidant supplementation can be beneficial for decreasing the oxidation of LDL.*

Cholest contains *Monascus purpureus*, a red-pigmented yeast grown on rice. Numerous studies in China and the United States have demonstrated that red yeast rice preparations are helpful in maintaining blood cholesterol levels already in the normal range.* This is important, as maintaining optimal cholesterol levels has been shown to be one component of maintaining cardiovascular health.*

In addition to naturally occurring substances called monacolins, red yeast rice contains the phytosterols beta-sitosterol, campesterol, and stigmasterol, as well as isoflavones and trace minerals, all of which can contribute to cardiovascular health.*

The same enzymes involved in cholesterol synthesis are also involved in the synthesis of coenzyme Q10 (CoQ10). Thus, to help maintain normal levels of CoQ10, Cholest contains 15 mg CoQ10 per capsule.*

Red Yeast Rice, Monacolins, and Citrinin Content

Red yeast rice is obtained by a specific process that ferments rice. One of the natural by-products of the rice fermentation process is citrinin, although usually the more sophisticated the fermentation process, the lower the amount of citrinin that is produced as a by-product. Citrinin is a mycotoxin. Because mycotoxins can cause

inflammation and other injurious effects in the body, our practitioner-customers and their patients want the assurance that Thorne Research's red yeast rice product – Choleast™ – contains only minimal amounts of citrinin.

In a study published in October 2010 in the *Archives of Internal Medicine*, 12 red yeast rice products were analyzed for the content of monacolins and citrinin. The results of the analyses demonstrated a high variability of the content of both these substances.

Although Choleast was not included in the above-noted study, we can confirm to our health-care practitioner customers that we take the utmost care to make certain we are offering the highest quality and purity red yeast rice formula. There are no government standards or guidelines for citrinin content in red yeast rice; however, the generally recognized standard in the industry is less than 1 part per million, and Choleast regularly tests at less than 0.05 parts per million, which is less than 1/20th of that standard.

In addition, Choleast contains consistent amounts of the naturally-occurring monacolins found in red yeast rice, without standardization or fortification. We know this because we measure all of our raw materials in order to be in compliance with our strict GMP obligations to determine each ingredient's identity, purity, strength, and composition.

**Four Capsules Contain: Red Yeast Rice (*Monascus purpureus*) 2.4 g.
Coenzyme Q10 60 mg.**

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine. ingredients derived from soy (rice).

Suggested Use: Take 2-4 capsules two times daily or as recommended by a health-care practitioner.

ALLERGY WARNINGS - This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Contains ingredient derived from soy (rice).

EXCIPIENT FREE - This product does not contain wheat, gluten, corn, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

PREGNANCY WARNING - If pregnant, nursing, or trying to conceive, do not use this product.

INTERACTIONS/CONTRAINDICATIONS

There are no known adverse interactions or contraindications at publication date.

OTHER WARNINGS

Red yeast rice can cause gastritis, abdominal discomfort, and elevated liver enzymes. It is possible that reactions similar to those caused by HMG-CoA reductase inhibitor drugs (statins) can be caused by red yeast; however, those adverse reactions have not been reported for red yeast rice extracts.

This product may cause a temporary and harmless red coloring of the stool.

Health-Care Professional Resources

30-minute webinar explains how L-arginine and specific antioxidants and nutrient and botanical cofactors influence cardiovascular health; how 5-methyltetrahydrofolate (5MTHF - the active form of folate), vitamins B2, B6, B12, and betaine support heart health by reducing homocysteine; and how red yeast rice helps support normal cholesterol levels.

POLICOSANOL

POLICOSANOL is a natural solution for supporting cardiovascular health and lipid metabolism*

- ✓ over 40 studies on its benefit for the cardiovascular system*
- ✓ enhances cholesterol metabolism*
- ✓ helps maintain healthy RBC viscosity*
- ✓ made without flowing agents that can inhibit bioavailability

Product Information of Ingredients and Warnings

Policosanol is a well-researched dietary supplement, with more than 40 studies representing supplementation to tens of thousands of people. These studies report cardiovascular benefits of the specialized plant fats found in policosanol – a mixture of long-chain "fatty alcohols" that can positively impact cardiovascular biomarkers.

Policosanol appears to promote the metabolism of LDL cholesterol, resulting in increased metabolism of total cholesterol and improved LDL-to-HDL ratios, of primary importance in maintaining already normal levels of cholesterol.

Policosanol has also demonstrated ability to promote improved resistance of LDL cholesterol to oxidation.

Supplementation with policosanol supports cardiovascular function, as demonstrated on EKG testing, improved aerobic exercise capacity, and enhanced blood flow to the extremities in individuals with a variety of functional cardiovascular challenges.

One Capsule Contains: Policosanol 5 mg.

Other Ingredients: Magnesium Citrate, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

Suggested Use: Take 2 capsule two times daily or as recommended by a health-care practitioner.

ALLERGY WARNINGS - This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

EXCIPIENT FREE - This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

PREGNANCY WARNING - If pregnant, consult your health-care practitioner before using this product.

INTERACTIONS/CONTRAINDICATIONS - There are no known adverse interactions or contraindications at publication date.

Q-Best 50™ (formerly known as Q-Cell)

In fish gelatin gelcaps! - exclusive crystal-free CoQ10 for superior absorption

- ✓ Proprietary formula demonstrated superior absorption over other CoQ10 forms, including dry powder, oil, nanoparticle, and liposomal preparations
- ✓ Promotes normal cardiovascular function*
- ✓ Enhances blood vessel function*
- ✓ Essential nutrient for cellular energy production*
- ✓ All-natural – no chemical additives or titanium dioxide

Product Information of Ingredients and Warnings

Q-Best® is a proprietary, crystal-free preparation of coenzyme Q10 (aka ubiquinone) that consistently has demonstrated superior absorption over other forms of CoQ10, including dry powder, oil-based softgels, liposomes, micelles, and nanoparticle preparations.

All supplemental CoQ10 originates in a crystal (dry powder) form. However, this crystal form alone is not well absorbed because the crystals do not fully dissolve in the intestines and the body cannot absorb lipid crystals. When crystals are dissolved in a lipid-based delivery system (ie, oil-based softgels, liposomes, micelles, and nanoparticles), absorption is improved. However, there is still partial crystallization found in these preparations.

Q-Best provides CoQ10 in a fully dissolved, crystal-free, lipid-based form, allowing greater absorption by the intestinal mucosa. This is accomplished by a proprietary, tri-lipid delivery system. One lipid keeps the CoQ10 crystals fully dissolved at 10°C above body temperature; the second lipid keeps the CoQ10 crystals fully dissolved below body temperature; and the third lipid acts as a carrier molecule to facilitate absorption.

Clinical trials demonstrate superior absorption over dried powder preparations. One human bioavailability trial demonstrated a 265% higher CoQ10 blood level from Q-Best, compared to dry powder. In addition, a plasma CoQ10 bioavailability study observed absorption Q-Best to be vastly greater than other forms of CoQ10, including oils suspension, nanoparticle, and liposomal preparations. This is why we believe Q-Best is the best CoQ10 formula available today.

Coenzyme Q10 functions as an intracellular antioxidant.* Due to its involvement in energy production within the cell, CoQ10 affects the function of all cells in the body, making it essential for the health of tissues and organs.* CoQ10 particularly benefits the most metabolically active cells: heart, immune system, gingiva, and gastric mucosa.* An adequate supply of intracellular CoQ10 is vital to the health of heart muscle.* CoQ10 supports normal heart rhythm and can help maintain already normal blood pressure.*

One Gelcap Contains: Calories 10 - Calories from Fat 10 - Total Fat 0.5 g - Total Carbohydrate 0 - Protein 0 - Coenzyme Q10 50 mg

Other Ingredients: Gelatin (tilapia), Purified Water, Glycerin (vegetable source) and Lycopene Gelcap, Conjugated Linoleic Acid, Flaxseed Oil, Soy Monoglycerides. Contains ingredients derived from soy (soy monoglycerides) and fish (tilapia).

Suggested Use: Take 1 gelcap two times daily or as recommended by your health-care practitioner.

ALLERGY WARNINGS - This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients. The gelcap gelatin in Q-Best is derived from fish (tilapia).

Q-Best contains monoglycerides which are derived from soy. These monoglycerides contains no soy protein. There are no other soy-based ingredients in Q-Best.

PURITY -This product does not contain wheat, gluten, corn, yeast, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

PREGNANCY WARNING - If pregnant, consult your health-care practitioner before using this product.

INTERACTIONS - There are no known adverse interactions or contraindications at publication date.