

"The Natural Way to Manage CHOLESTEROL"

REATURE Cholest

"Care for Your Heart
with Every Dose."



Garlic Extract



Pine Phytosterol



Bergamot Extract





**"Balanced Cholesterol,
Stronger Heart."**

Garlic Extract



Benefits

1. Supports Heart Health:

- **Lowers Blood Pressure:** Garlic extract can help reduce high blood pressure, which is a significant risk factor for cardiovascular diseases.
- **Reduces Cholesterol Levels:** It is known to lower total cholesterol, especially LDL (bad) cholesterol, which contributes to heart disease.

2. Boosts Immune System:

- **Fights Infections:** Garlic has antibacterial, antiviral, and antifungal properties that can help in fighting infections and strengthening the immune system.

3. Rich in Antioxidants:

- **Protects Against Cell Damage:** Garlic contains antioxidants that support the body's defense against oxidative stress, which can contribute to aging and many diseases, including Alzheimer's and dementia.

4. Improves Blood Circulation:

- **Reduces Blood Clotting:** Garlic helps in thinning the blood and improving circulation, which may reduce the risk of clots forming, thus lowering the chances of stroke or heart attack.

5. Anti-inflammatory Properties:

- **Reduces Inflammation:** Garlic extract has anti-inflammatory effects, which can help in conditions like arthritis or other inflammatory diseases.



**"Boost Heart Health,
Naturally with Phytosterols."**

Pine Phytosterol

Benefits

1. Lowers Cholesterol Levels:

- **Blocks Cholesterol Absorption:** Phytosterols have a structure similar to cholesterol, which allows them to block the absorption of dietary cholesterol in the intestines, thus reducing overall cholesterol levels.
- **Improves Heart Health:** By lowering LDL (bad) cholesterol levels, phytosterols help in reducing the risk of heart disease and atherosclerosis.

2. Supports Prostate Health:

- **May Reduce Symptoms of BPH:** Phytosterols, particularly beta-sitosterol, have been shown to improve symptoms of benign prostatic hyperplasia (BPH), a condition that affects prostate health in men.

3. Promotes Immune Health:

- **Boosts Immunity:** Phytosterols may enhance immune function, helping the body fight off infections and illnesses more effectively.

4. Anti-inflammatory Properties:

- **Reduces Inflammation:** Phytosterols possess anti-inflammatory effects, which may help in managing chronic inflammatory conditions like arthritis or inflammatory bowel disease.

5. May Aid in Cancer Prevention:

- **Inhibits Cancer Growth:** Some studies suggest that phytosterols may play a role in reducing the risk of certain cancers, including breast, colon, and prostate cancers, by inhibiting the growth of cancer cells.



**"Balance Your Cholesterol,
Boost Your Life."**

Bergamot Extract

Benefits

1. Cholesterol Management:

- Bergamot extract helps lower "bad" LDL cholesterol levels while increasing "good" HDL cholesterol.

2. Supports Heart Health:

- Its antioxidant properties promote heart health by reducing oxidative stress and inflammation.

3. Blood Sugar Regulation:

- It may help regulate blood sugar levels, making it beneficial for individuals with metabolic syndrome or diabetes.

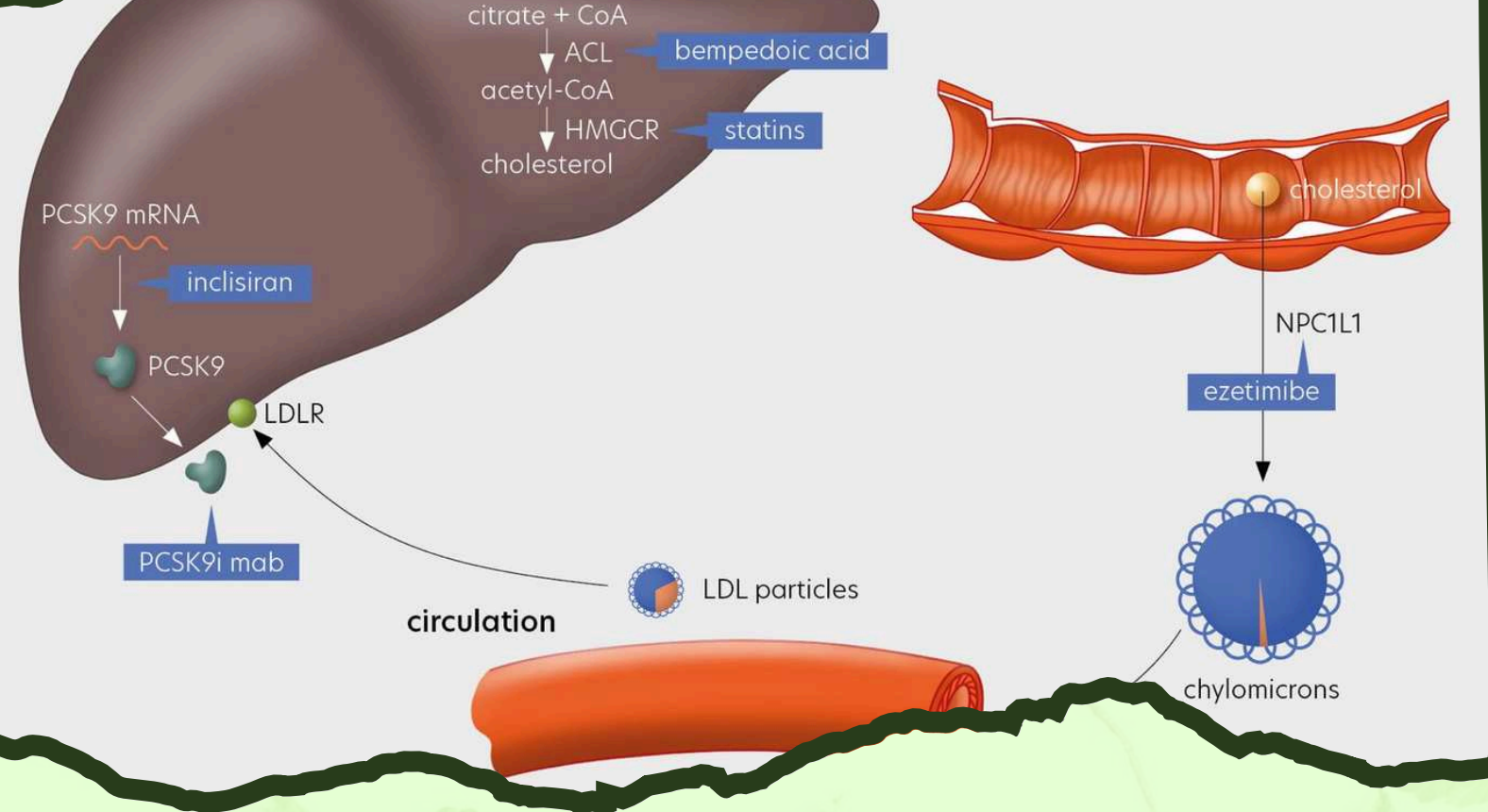
4. Anti-Inflammatory:

Bergamot contains anti-inflammatory compounds, which can help reduce inflammation in the body.

5. Mood Enhancement:

- It has mood-boosting effects, often used in aromatherapy for stress and anxiety relief.





How Statins Work

Statins are a class of drugs that lower cholesterol levels in the blood, mainly LDL (bad) cholesterol. Here's how they work:

1. Inhibit HMG-CoA Reductase

Statins block an enzyme in the liver called HMG-CoA reductase, which is responsible for making cholesterol.

➡ Less enzyme → Less cholesterol production

2. Increase LDL Receptors

When the liver senses it's making less cholesterol, it pulls more cholesterol out of the blood using LDL receptors.

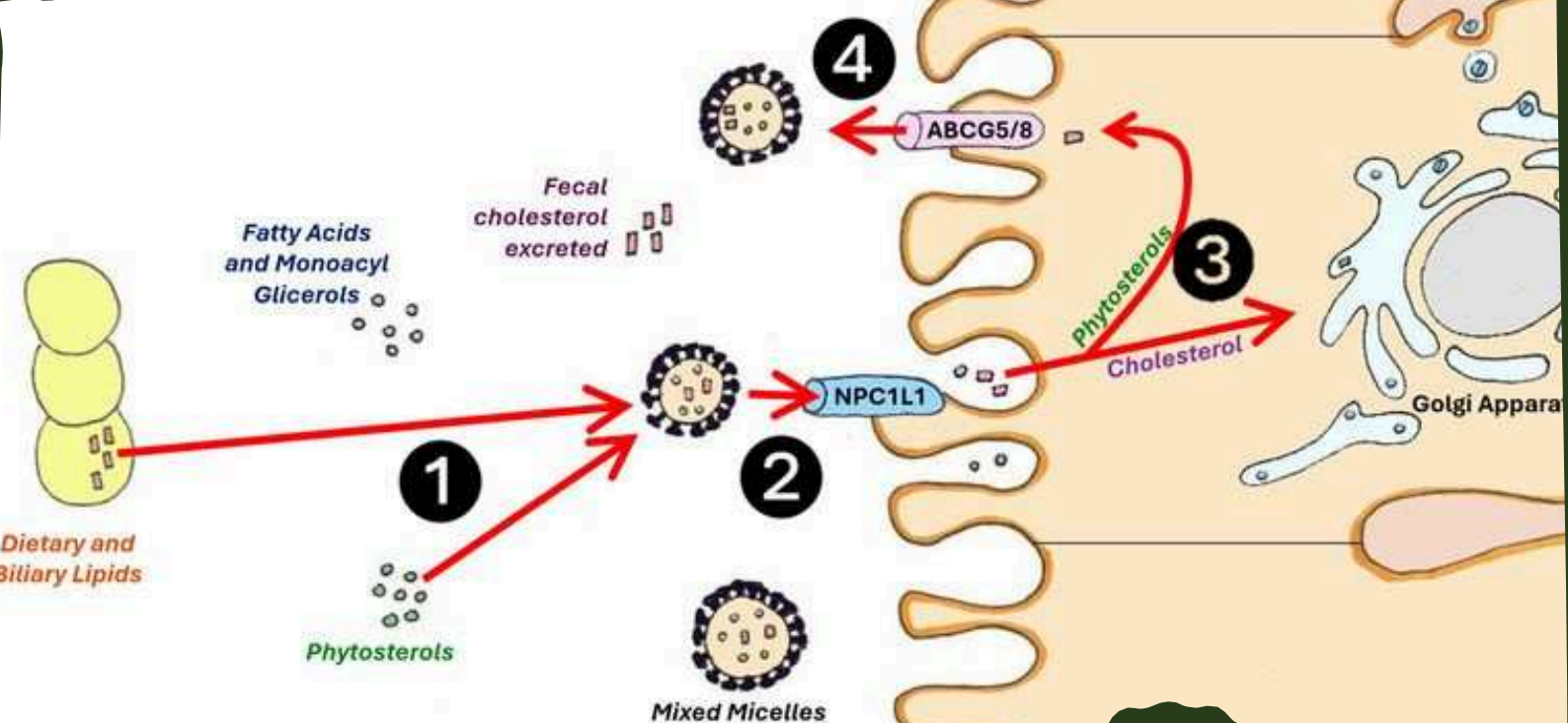
➡ More receptors → More LDL cleared from blood

3. Result: Lower Blood Cholesterol

This leads to:

- Lower LDL cholesterol
- Mild increase in HDL (good) cholesterol
- Decrease in triglycerides





Cholesterol Absorption in the Intestine (Explanation):

1. Formation of Micelles

- Cholesterol from food (dietary lipids) and bile combines with other fats to form micelles in the intestinal lumen.
- Phytosterols also enter but compete with cholesterol.

2. Transport into Enterocyte

- The micelles interact with a transport protein on the surface of the intestinal cell (enterocyte) called NPC1L1 (Niemann-Pick C1-like 1).
- NPC1L1 helps absorb cholesterol into the cell.

3. Inside the Enterocyte

- Cholesterol travels to the Golgi apparatus for processing.
- It gets packed into chylomicrons and released into the lymph/bloodstream.
- Phytosterols interfere here, blocking cholesterol's journey inside the cell.

4. Efflux / Excretion

- The ABCG5/G8 transporter pumps excess cholesterol (and phytosterols) back into the gut for excretion.

