



*your first choice
for heart healthy
ingredient solutions*

sourceone
GLOBAL HEALTH

Cholesstrinol HP

Cholesstrinol HP (high potency) is a proprietary formula derived from natural citrus and palm fruit extracts. Cholesstrinol combines PMF-source® citrus flavonoids, TocoSource® palm tocotrienols and other proprietary constituents. Cholesstrinol targets different mechanisms and bio-pathways to produce synergistic results for the promotion of healthy total cholesterol, LDL cholesterol, and triglyceride levels. Additionally, Cholesstrinol is a powerful antioxidant with numerous heart health benefits that help control anti-inflammatory responses.

What will Cholesstrinol do for me?

Clinical results have demonstrated that Cholesstrinol HP can improve total cholesterol levels up to 30%, LDL cholesterol levels up to 27%, and triglyceride levels up to 34% within four to twelve weeks. Additionally, clinicals have demonstrated Cholesstrinol can have a positive impact apoprotein A1 levels as well as playing a significant role as an anti-inflammatory. Cholesstrinol can do all this without the negative side effects associated with pharmaceutical drugs. The tocotrienols in Cholesstrinol have been shown to reduce arterial plaque build-up.

How does Cholesstrinol work?

Unlike dietary supplements that attempt to block the absorption of cholesterol from the foods we consume, Cholesstrinol HP works to balance cholesterol production in the liver naturally. The Cholesstrinol formula has three different and complementary mechanisms of action in the body that deliver heart health benefits without the depletion of CoQ10 common with statin drugs.

Cholesstrinol™

Frequently Asked Questions

Is Cholesstrinol safe?

Cholesstrinol was developed after years of extensive research on the cardiovascular effects of polymethoxylated flavonoids and tocotrienols. The safety of Cholesstrinol has been demonstrated *in vitro*, *in vivo*, and multiple clinical studies. Clinical studies demonstrate that consuming 300 mg of Cholesstrinol per day is safe with no adverse effects reported. Animal toxicity studies resulted in a maximum tolerated dose for Cholesstrinol of 14 grams per day; this translates to greater than 14 grams per day for a 150 pound individual.

How often should I take Cholesstrinol?

Cholesstrinol HP is one of the easiest ways to promote healthy cholesterol levels. Simply take two 150 mg servings per day, with or without meals. Since Cholesstrinol works in the liver, it does not need to be taken prior to, immediately following, or directly with meals and it will not upset your stomach like other products.

Do I have to diet and exercise?

Cholesstrinol HP works independent of diet and exercise, but we recommend proper nutrition and exercise as an important component of a total approach to developing good heart health.

What sets Cholesstrinol apart?

While other cholesterol improving supplements fail to consistently deliver on their claims, Cholesstrinol HP has repeatedly succeeded in clinical studies. Some products say they are clinically proven, but the ingredient used in the trial is not available to the consumer. Furthermore, too often the effective dose used in the clinical trials is not the same dosage that is found in the supplement at retail. Cholesstrinol delivers the same ingredient at the same effective dose used in clinical trials.

Are there negative interactions with medicine?

No, there are no known negative interactions with any medication. However, you should always consult with your physician prior to altering prescription drug therapy.

Who can benefit from Cholesstrinol?

Cholesstrinol HP provides nutritional support for anyone who wants to maintain a healthy heart without the negative side effects that can occur with other supplements and statin drugs.

What delivery system is most effective? The original clinical work was done with capsules but tablets and soft gels are also available as dietary supplements.

Is Cholesstrinol HP and Plant Sterols a good Combination?

Yes, the research on plant sterols for the maintenance of healthy cholesterol levels is quite compelling and provides a sound basis for our Cholesstrinol PS formulation.

Facts about other natural cholesterol lowering ingredients?

Policosanols – The only clinical trials supporting the efficacy of this ingredient were conducted in Cuba, with Cuban subjects, and with a policosanol material that is not available in the U.S. The positive clinical results, that have been published, have never been repeated or duplicated in the U.S., Canada, Japan or Europe. Several large nutraceutical companies have conducted major studies on policosanols only to be disappointed with the results. Most recently, The Journal of American Medical Associations performed a randomized, double-blind, placebo-controlled trial of patients with hypercholesterolemia or combined hyperlipidemia. The result of this trial found that policosanol in usual and high doses does not demonstrate a reduction in lipid levels beyond placebo. The issues of borrowed science and product standardization have raised questions about the efficacy of policosanol materials available outside of Cuba. An industry expert has been quoted in *“The Natural Foods Merchandiser”* (July 2004) that the policosanol supplements found in the United States are imposters of the real thing. “Policosanol comes from Cuba, and because of the Cuban embargo, true policosanol is not available in the U.S. The supplement that is used here is chemically different than Cuban policosanol and has not been proven to work in any controlled studies.”

Guggulipids – In an article published in August 2003 issue of the *“Journal of the American Medical Association,”* the lead investigators stated that consuming guggulipids did not have any significant effect on lowering cholesterol levels. The study concluded that guggulipids did not improve levels of serum cholesterol and may in fact raise levels of LDL cholesterol. The *“Mayo Clinic Health Letters”* and *“John Hopkins Med Letter”* both reported guggulipids were not effective for lowering cholesterol. More recently, researchers at the University of Kansas found that guggulsterone, the active ingredient in guggulipid, may interfere with nearly 60% of prescription drugs, ironically enough, including anti-cholesterol statin drugs.

Red Yeast Rice – According to the FDA, *“red yeast rice products containing standardized lovastatin levels are unapproved new drugs.”* *The introduction or delivery for introduction of an unapproved new drug into interstate commerce is prohibited under the federal Food, Drug, and Commerce Act (FDCA), sections 301 (d) and 505 (a)”*. Furthermore, on November 28, 2005, fifty-three marketers of dietary supplements that contain red yeast rice received pre-lawsuit notices, alleging that these products are in violation of California’s Consumers Legal Remedies Act (CLRA). The notices stated that the products contain lovastatin, which is listed under California’s Proposition 65 as a chemical known to be a reproductive toxin. Red yeast rice supplements currently in the market differ from the standardized extract that demonstrated cholesterol improvement (only positive research was on Cholestin™ marketed by Pharmanex-which is banned). There are no clinical studies on red yeast rice products in retail stores to validate cholesterol management claims at dosages recommended. A study by Dr. Heber (UCLA) found most red yeast rice contains a potentially toxic fermentation product called citrinin. Cholestin™ was produced using a proprietary fermentation process.

Plant sterols – Clinical studies show that plant sterols lower Total and LDL cholesterol by blocking the absorption of cholesterol from food in the body. The FDA has concluded that products containing at least 0.4g of free plant sterol eaten twice a day with meals for a daily total intake of at least 0.8g as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. SourceOne offers both IP non-GMO certified SterolSource™ plant sterols and U.S. produced and patented SterolSource™ plant sterols. Patented Cholestrinol complements the exogenous plant sterol effect by supporting healthy endogenous cholesterol production.

