



Ingredients

Each tablet contains:

Standardized Gugulipids (2.5% Guggulsterones)...	350 mg
Sterols & Sterolins.....	200 mg
Providing:	
Beta-Sitosterols.....	96 mg
Stigmasterols	53.6 mg
Campesterols.....	38 mg
Delta 5 Avenasterols.....	8.8 mg
Delta 5.24 Estigmastenols.....	1.4 mg
Delta 7 Estigmastenols	1.8 mg
Delta Avenasterols	0.4 mg
Oat Fiber (22% Beta-Glucans).....	150 mg
Green Tea Extract (50% Polyphenol).....	80 mg
Red Yeast Powder	50 mg



CHO-LESS-TERIN
Sold exclusively to finer health food stores
www.newrootsherbal.com/store

Cho-less-terin

Take control of high cholesterol

CHO-LESS-TERIN IS THE NATURAL WAY TO LOWER YOUR CHOLESTEROL.



CHO-LESS-TERIN offers a comprehensive approach to normalizing cholesterol levels. It lowers serum cholesterol and helps prevent excessive cholesterol production in the liver. **CHO-LESS-TERIN** addresses the problem of high cholesterol as a whole rather than just treating its symptoms.

The nature of cholesterol.

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and is needed for your body to function normally. Cholesterol is vital to the production of many hormones, vitamin D and the bile acids that help to digest fat. When too much cholesterol is in the bloodstream, the excess is deposited in the arteries, including the coronary arteries, where it causes the narrowing and blockages that cause heart disease.

HIGH CHOLESTEROL IS ONE OF THE MAJOR CONTROLLABLE RISK FACTORS FOR CORONARY HEART DISEASE, HEART ATTACK AND STROKE.

Understanding Heart Disease

When the coronary arteries become narrowed or clogged by cholesterol and fat deposits, they cannot supply enough blood to the heart. The result is coronary heart disease. If not enough oxygen-rich blood reaches the heart, you may experience chest pain called angina. If the blood supply to a portion of the heart is completely cut off, the result is a heart attack due to the sudden closure from a blood clot forming on top of a previous narrowing.

Keeping your cholesterol in check.

Cholesterol can be both good and bad, so it's important to learn what bad cholesterol is and how it affects your health. By managing your cholesterol properly, you can take better care of your heart, live a healthier life and reduce your risk of heart attack and stroke. In fact, recent studies have shown that sterols from plants can reduce total cholesterol by an average of 10% and LDL cholesterol (the bad kind) by 15%.

CHO-LESS-TERIN contains:

Standardized Guggulipids (2.5% Guggulsterones)

Guggul is the name of the gummy yellowish resin of the mukul myrrh tree *Commiphora mukul*, native to India and Arabia. Guggulsterones E and Z, the active components of the resin, are believed to be responsible for both the cholesterol- and triglyceride-lowering effect of guggulipids.

Sterols & Sterolins

CHO-LESS-TERIN contains beta-sitosterols, a blend of plant sterols. Sterols are alcohols that are commonly found in plants. Our blend of sterols consists of beta-sitosterols, stigmasterol, campesterol, delta 5 avenasterols, delta 5.24 estigmasterols, delta 7 estigmasterols and delta avenasterols. Plant sterols reduce cholesterol, treat atherosclerosis and ulcers, inhibit breast tumours and benign prostate hyperplasia, and modulate the immune system. New Roots Herbal's beta-sitosterols are certified non-GMO.

Oat Fiber (22% Beta-Glucans)

Oat beta-glucan does not enter the bloodstream, passing safely through the digestive tract. Oat beta-glucans form a highly viscous solution in the stomach. This gel passes into the intestines and binds to bile acids, which the liver produces out of cholesterol in the blood. This mechanism allows the body to produce high volumes of bile acids, which in turn consume higher volumes of cholesterol. This is a simple, yet very effective, natural cholesterol inhibitor.

Green Tea Extract (50% Polyphenols)

The polyphenols in green tea extracts are important antioxidants which protect LDL-cholesterol from oxidation. If cholesterol is destroyed by free radicals, toxic compounds damage the walls of the arteries which, in turn, play a significant role in the development of arteriosclerosis. Studies from 1997 at the Monash University in Australia have confirmed that green tea extracts surpass even vitamin C in the prevention of LDL-cholesterol oxidation.

Red Yeast Powder

Red yeast powder is traditionally prepared by a fermentation method in which rice serves as a culture for growing the *Monascus purpureus* yeast. During the fermentation process, there occurs the typical red color that has been used for millenia in Asian cooking as a spice and food coloring.

Suggested Use

Take one tablet before meals three times daily. CHO-LESS-TERIN is designed to be used in conjunction with New Roots Herbal's CLEAN ARTERIES.

Warnings

This product contains red yeast, which may cause allergic reactions, rashes, hives, or irritability in some people. If this occurs, stop taking the product.

Do not mix with other cholesterol-reducing medications before consulting your health care practitioner.

References:

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