



Targeted heart-health ingredients that naturally support cholesterol levels already within normal range

APPLICATIONS / BENEFITS

- Supports normal triglyceride and LDL levels
- Modulates HMG-CoA reductase with antioxidant tocotrienols
- Optimizes circulation and supports heart health
- Promotes blood vessel integrity and flexibility

OVERVIEW

Patient One formulated Cholest-Plex to be a gentle, well-tolerated natural formula for maintaining cholesterol levels already within a normal range. Cholest-Plex combines evidence-backed natural ingredients in use for millennia with patented advancements for healthy lipid maintenance. Presented in ideal nutritional potencies and ratios, Cholest-Plex balances cardiovascular wellness via diverse biological pathways, blocking cholesterol absorption and synthesis, promoting blood vessel flexibility, regulating inflammation and enhancing endothelial function.

KEY INGREDIENTS

PolicosanolPlus®:

A patented blend derived from natural plant waxes, PolicosanolPlus supplies Omega 3-6-9 polyunsaturated fatty acids along with active compounds hexacosanol and octacosanol. PolicosanolPlus has been clinically shown to support healthy blood lipid levels, positively influence beneficial HDL cholesterol, improve LDL processing efficiency, and block biological pathways of cholesterol synthesis. PolicosanolPlus may also promote endothelial function and arterial flexibility, further supporting cardiovascular wellness.

Phytopin® Phytosterols:

Extracted from pine tree trunks, Phytopin phytosterols supply natural beta sitosterol, sitostanol, and other beneficial plant sterols that have been researched for over 50 years for their ability to promote healthy cholesterol levels. Plant sterols are believed to block absorption of cholesterol in the intestines while promoting healthy production of bile, offering

dual-action support for balanced cholesterol levels.

Grape Seed Extract:

Grape seed extract's vast array of cardio-supportive oligomeric proanthocyanidins (OPCs) include catechin, epicatechin, and procyanidin. These antioxidant compounds have 50X the antioxidant activity of vitamin C, and are believed to help promote normal blood pressure, healthy endothelial function, blood vessel integrity, ideal platelet aggregation, and other aspects of vascular wellness. Grape seed extract's OPC antioxidants also inhibit LDL oxidation and increase resting brachial diameter, suggesting benefits for enhanced circulatory health.

Red Yeast Rice:

Monascus purpureus is used in traditional Asian culture and is extracted into modern red yeast rice supplements for cholesterol support. Red yeast rice is believed to inhibit HMG-CoA reductase while suppressing cholesterol synthesis in the liver. Red yeast rice also supplies potent antioxidant activity to further support blood vessel health and heart health. Numerous studies over the past four decades have demonstrated that red yeast rice preparations are helpful in naturally maintaining blood cholesterol levels already in the normal range.

CoQ10:

CoQ10 provides support to all cells throughout the body and is particularly supportive of tissues that require a lot of energy, such as the heart muscle. Coenzyme Q10 is often suppressed in those with cardiovascular conditions, and CoQ10 depletion is often associated with cholesterol-lowering statin drugs.

Because there is also evidence that use of red yeast rice can deplete coenzyme Q10, co-supplementation is recommended and CoQ10 is included in this formula.

Antioxidant supplementation can be beneficial for healthy cardiovascular function by decreasing the oxidation of LDL cholesterol. CoQ10 supports cardiac tissues by improving endothelial function and by having an anti-atherogenic effect, promoting lower blood pressure and improved myocardial contractility.

RESEARCH

- In a meta-analysis that combined the results of 14 different studies, researchers concluded that plant sterols or stanols lowered LDL cholesterol by 9–14%. Another research study found that phytosterol therapy appeared to reduce LDL Cholesterol by an average of 10-11%. Researchers suggested that plant sterols may be recommended for patients who experience complications with mainstream cholesterol therapies.

- A trial from the UCLA School of Medicine, published in the American Journal of Clinical Nutrition, showed that red yeast extract reduces cholesterol levels by an average of 40 points in 12 weeks when combined with a low-fat diet. Researchers concluded that “Red yeast rice significantly reduces total cholesterol, LDL cholesterol, and total triacylglycerol concentrations compared with placebo and provides a new, novel, food-based approach to lowering cholesterol in the general population.”

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Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving

Pantethine	50 mg*
Red yeast rice (<i>Monascus purpureus</i>) (seed)	600 mg*
Policosanols (from PolicosanolsPlus®, from sugar cane wax)	10 mg*
Grapeseed extract (<i>Vitis vinifera</i>) (inner core of fruit) [Standardized for 95% proanthocyanidins (47.5mg)]	50 mg*
Coenzyme Q10 (ubiquinone)	30 mg*
Phytosterols [as Phytopin® Pine Extract (99% sterols) [Typical Profile provides: Beta-Sitosterol 70-80% (210-240 mg), Beta-Sitostanol NMT 15% (45 mg), Campesterol 6-10% (18-30 mg), Campestanol NMT 2% (6 mg), Other Phytosterols NMT 3% (9 mg)]	300 mg*

* Daily Value not established

Other Ingredients: vegetable cellulose, leucine, rice flour

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 2 capsules as a dietary supplement, preferably with a meal, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Do not use if allergic to rice or if you are pregnant or nursing. Consult your health practitioner before use if taking any cholesterol, blood thinning or other medications. Do not use if you have kidney or liver disease. Discontinue use if you experience any unexplained muscle pain, weakness or rash. Discontinue use and consult health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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