Simultaneously, a combination of key ingredients: **PolicosanolPlus**, **Phytopin Phytosterols**, **Grape Seed Extract**, **Red Yeast Rice Powder**, and **CoQ10** work in concert to support cardiovascular wellness. The Patented PolicosanolPlus is a blend derived from natural plant waxes, providing a plethora of benefits to HDL, LDL, triglycerides, and cholesterol synthesis. The Phytopin Phytosterols are extracted from pine tree trunks and are naturally rich in beta-sitosterol, sitostanol, and other beneficial plant sterols. The Grape Seed Extract, through its potent OPCs, aids in promoting a healthy vasculature. Red Yeast Rice Powder, Monascus purpureus, supplies natural monacolin compounds that inhibit HMG-CoA reductase, impacting cholesterol synthesis. CoQ10 is also included to promote cellular health.

**PATIENT 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

**UNIQUE PROPERTIES**

Thirty-four million American adults have high cholesterol levels. While synthetic cholesterol drugs can help, they may also sometimes have undesirable side effects, interactions or nutrient depletion issues. Patient One designed Cholest-Plex to be a gentle, well-tolerated natural formula for maintaining cholesterol levels already within normal range. Cholest-Plex combines evidence-backed natural ingredients in use for millennia with the latest patented advancements for cholesterol control. 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. This blend 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 oligometric 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 Powder**: Monascus purpureus is used in traditional Asian culture and is extracted into modern red yeast rice supplements for cholesterol support. Supplied natural monacolin compounds, including monacolin K, red yeast rice is believed to inhibit HMG-CoA reductase while suppressing cholesterol synthesis in the liver. Red yeast rice bioactivities are similar to those of lovastatin, working to benefit both LDL and triglyceride levels. 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.

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 a direct anti-atherogenic effect, leading to 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.”

REFERENCES


