

Suggestions for Managing High Cholesterol & High Triglycerides

Using Real Natural Remedies™

High Cholesterol

Managing high cholesterol is complex and is never a “one size fits all” situation. Each individual is unique and requires a management plan based on individual cholesterol levels and presence of other risk factors like family history, hypertension, diabetes, cigarette smoking etc. You may be able to reach optimal levels of cholesterol with one supplement or it may take a combination of 2-3 different supplements.

These Products are Effective in Lowering LDL Cholesterol



Warning: Do not combine Red Yeast Rice with Pro BioCor. These products contain Red Yeast Rice. Individuals should not exceed more than 2600 mg of Red Yeast Rice per day.

Real Natural Remedies™ has created a simple three stage therapy approach to managing high cholesterol and getting you to optimal cholesterol levels. Our three stage approach begins with a preliminary dosage recommendation. After 1-2 months each individual should check their cholesterol levels and either maintain or add another supplement if necessary. Some individuals may reach optimal levels at stage 1. Others may need to implement all three stages.

Important: *If you are an individual who has an LDL cholesterol level greater than 190 (very high risk) or has a family history that includes heart disease and/or heart attack or stroke, we recommend that you begin directly at stage 3. Check your levels after 1-2 months and either maintain stage 3 therapy or adjust accordingly maintaining optimal levels.*

High Triglycerides

This Product is Effective at Lowering Triglyceride Levels



These statements have not been evaluated by the FDA

Desired Optimal levels Outlined by National Cholesterol Education A.T.P. III Guidelines

Total Cholesterol	< 200
HDL Male	> 40
HDL Female	> 50
LDL	< 100
Triglycerides	< 150

Attain Desired Optimal Levels Using Real Natural Remedies

High Cholesterol

Stage 1 Begin by taking two (2) capsules twice daily after meals of either **Red Yeast Rice** or **Pro BioCor**.



Check your lipid profile (cholesterol) after 1-2 months. If desired results are not attained proceed to Stage 2

Stage 2 In addition to Stage 1 add one (1) capsule after dinner of **Delta Pro**.



Check your lipid profile (cholesterol) after 1-2 months. If desired results are not attained proceed to Stage 3.

Stage 3

In addition to Stage 1 and 2 add two (2) capsules twice daily after meals of **LowChol**.



Check your lipid profile (cholesterol) after 1-2 months

High Triglycerides

In order to lower high triglycerides take two (2) capsules twice daily after meals of **Highest Grade Omega 3's**

Check your lipid profile (triglycerides) after 1-2 months. If desired levels are not attained take an additional two (2) capsules twice daily for a total of four (4) capsules twice daily.

For assistance or to place an order call toll free 1-888-825-5612
www.realnaturalremedies.com