

POLICOSANOL



Features & Benefits

- Helps maintain normal HDL and LDL cholesterol levels*
- Powerful antioxidant capabilities that inhibit oxidation of cholesterol*
- Innovative, easy-to-swallow small “pellet” tablets
- Derived from sugar cane wax—the same source used by policosanol researchers
- Highest dosage available at 23 mg, with 95% aliphatic alcohols

...maintains normal cholesterol levels.*



Code 237 - 60 Tablets

Actual Tablet Size



Facts About Cholesterol

Although cholesterol serves a variety of important functions in the body, most Americans have a blood level of LDL (low-density lipoprotein) cholesterol—the “bad” kind—that is too high for optimal health. When working properly, LDL’s chief purpose is to fix damage to the linings of arteries. But sometimes these repairs cause more problems than they solve. The trouble begins when white blood cells consume LDL cholesterol within artery linings. In a “*Dr. Jekyll and Mister Hyde*” scenario, these white blood cells (called macrophages) transform from an immune-system army, defending us from infection, into “foam cells” that cause atherosclerosis—otherwise known as hardening of the arteries.

Atherosclerosis slowly chokes off the heart’s supply of oxygen, which in turn can trigger heart attacks—the most common cause of death in Americans. Cardiologists agree that almost *anything* that lowers the level of LDL (“bad”) cholesterol—including weight loss, eating less saturated fat, exercise, and taking beneficial foods and supplements—will reduce the risk of heart attacks and death.

In contrast to LDL, *HDL* (high-density lipoprotein) cholesterol is configured in a slightly altered form. Often called the “good” cholesterol, HDL removes LDL cholesterol buildup from the wall of arteries and carries it to the liver, which breaks it down. Cardiologists agree that *anything* that increases HDL levels—including exercise, eating fish, having a glass of wine, and taking beneficial supplements—will reduce the risk of heart disease.

Facts About Policosanol

Nature’s Life Policosanol is a mixture of organic compounds called aliphatic alcohols derived from sugar cane wax.¹ The most prevalent alcohol in the sugar cane wax is octacosanol, which has been shown in clinical trials to dramatically support normal cholesterol levels. Some studies have shown that the other aliphatic alcohols present, such as triacontanol, and hexacosanol may also play a supporting role in optimal balance between HDL and LDL cholesterol.¹

Studies show that policosanol supports cholesterol health by inhibiting the liver’s production of LDL (“bad”) and raising HDL (“good”) levels.^{*1 2 3} Policosanol’s unique characteristic of maintaining already healthy LDL cholesterol levels and also helping to raise HDL cholesterol levels at the same time.^{3 4} is what makes it particularly important among cholesterol helpers.

*NOTE: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

POLICOSANOL

Nature's Life . . . Quality You Can Trust!

POLICOSANOL

Suggested Use: As a Dietary Supplement take one (1) tablet per day, with food.

Supplement Facts

Serving Size 1

Amount Per Serving

Policosanol 23 mg†
(From purified sugar cane *Sacharum officinarum* L)

Other Ingredients: Cellulose, Vegetarian Stearic Acid, Silicon Dioxide and Vegetarian Magnesium Stearate.

Aliphatic Alcohols:

Tetracosanol	1 %
Hexacosanol	16 %
Octacosanol	52 %
Triacosanol	22 %
Dotriacontanol	1 %
Other Alcohols	8 %

Most policosanol trials in humans have used between 5 and 20 mg per day. Most researchers who used 10 mg/day reported results that appear similar to those who used 20 mg/day.¹ Three trials have focused on determining the optimal amount of policosanol: researchers gave the same group of people either 10 mg or 20 mg of policosanol. In these comparative trials, the 20 mg amount was *33% more effective* than was the 10 mg amount.^{5 6 7}

Researchers have also studied the blood-thinning effects of policosanol in both healthy people and those with high cholesterol. A double-blind randomized trial assigned either 20 mg, 40 mg of policosanol or placebo for 30 days to participants. Those receiving policosanol at either level experienced a health-promoting, blood-thinning effect.⁸ No such effect has yet been reported using only 10 mg of policosanol per day.

Ingredient Highlights

Nature's Life Policosanol is manufactured in the U.S., from U.S.-source sugar cane wax, whereas the Policosanol used in the vast majority of the clinical research has been manufactured in Cuba, which is illegal to import or sell in the U.S. Nature's Life offers 23 mg of policosanol in each tablet to duplicate the octacosanol level found in 20 mg of the Cuban material—the amount associated with the most health-promoting effects. Our 23 mg level also meets or exceeds the level of other aliphatic alcohols found in 20 mg of the Cuban material. Most researchers believe octacosanol is likely to be the primary agent responsible for its health-promoting effects of policosanol. Our tablets come in very small, easy to ingest, 23mg “pellet” form.

Safety

Policosanol is extremely safe. In fact, some trials have found fewer side effects in people given policosanol than in those given a placebo!⁹ Policosanol has also produced fewer side effects than some cholesterol-lowering drugs.^{3 10} At least until more is known, policosanol should not be taken by pregnant women or nursing mothers.¹

References

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Local: (714) 379-6500 • USA (800) 854-6837 • Fax (714) 379-6501

www.natureslife.com • info@natureslife.com

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