

# Red Yeast Rice

This product contains 1200 mg of organic red yeast rice derived from US grown *Monascus purpureus*, a yeast that contains several compounds collectively known as monacolins. Research shows that monacolins can support overall cardiovascular health, and monocolin K in particular can help to maintain healthy blood lipids (such as cholesterol) through its role in the production of the HMG-CoA reductase enzyme. This enzyme is directly involved in determining how much cholesterol your body produces.

## **Red Yeast Rice may support the health of the cardiovascular system in the following ways:**

- Helps maintain a healthy balance of blood lipids such as LDL, HDL, and triglycerides
- Potentially curbs the growth of certain microbes which over time can naturally become present in the cardiovascular system
- Supports a healthy inflammatory response and protects against damaging oxidative stress, thereby supporting the overall health of arteries
- Promotes healthy blood sugar levels -an important factor in cardiovascular health

## **Outstanding Quality**

The red yeast rice in this product is USDA certified organic and is grown in the U.S. It has been thoroughly tested to assure that there are undetectable levels of the fungal contaminant known as citrinin, as well as substantial levels of naturally-occurring monacolin compounds, especially monocolin K.

## **Suggested Use**

- As a dietary supplement, take two capsules per day in the evening, preferably before bed, or as directed by your health care practitioner.
- Do not use if you are pregnant, may become pregnant, or are breastfeeding.



\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**