



Cholesterol Reduction Complex* FAQs

Good news for the 41% of Canadian adults who have high cholesterol: there's a way to lower LDL ("bad") cholesterol naturally!

FREQUENTLY ASKED QUESTIONS

Q. What is Shaklee Cholesterol Reduction Complex?

A. Shaklee Cholesterol Reduction Complex is a formulation with ingredients that help prevent the absorption of cholesterol and lower LDL ("bad") cholesterol.*

Q. What ingredients are in Shaklee Cholesterol Reduction Complex?

A. Shaklee Cholesterol Reduction Complex is made with a powerful blend of plant sterols and stanols, which are clinically proven to lower LDL cholesterol.*

Q. What are plant sterols and stanols?

A. Plant sterols and stanols, also called *phytosterols* and *phytostanols*, are found in the cell membranes of plants. Plant sterols are present in small quantities in a variety of plants, fruit, vegetables, and grains; plant stanols occur naturally in even smaller quantities in some of these same sources. It is estimated that we consume about 200–400 mg of plant sterols per day, and about 50 mg of plant stanols.

Q. What impact will taking the tablets have on my risk of heart disease?

A. Health Canada and the National Institutes of Health (NIH) recommend a plant sterol and stanol intake of 2,000 mg per day as part of a diet low in saturated fat and cholesterol that includes plenty of soluble fibre, exercise, and weight loss. Plant sterol and stanol consumption has been shown to result in significant reductions in LDL cholesterol.* No studies have examined the impact of plant sterols and stanols directly on heart disease incidence, but a reduction in LDL cholesterol has been shown to reduce the incidence of coronary heart disease.

Q. Is Shaklee Cholesterol Reduction Complex gluten free?

A. Yes.

Q. How do plant sterols and stanols work?

A. Because their structure is extremely similar to that of cholesterol, plant sterols and stanols compete for absorption in the intestines, which can effectively decrease the absorption of cholesterol in the body.

Q. How many Shaklee Cholesterol Reduction Complex tablets I should take per day?

A. Four tablets—taken daily as two servings of two tablets each—supply 2,000 mg of plant sterols and stanols. Eating less saturated fat and cholesterol, exercising, losing weight, eating more soluble fibre, and adding 2,000 mg of plant sterols and stanols daily is recommended by Health Canada and the NIH to reduce LDL cholesterol.*

Q. Will taking more tablets help me lower my cholesterol further?

A. Adding about 2,000 mg of plant sterols and stanols daily, along with eating less saturated fat and cholesterol, exercising, losing weight, and eating more soluble fibre, follows the recommendation from Health Canada and the NIH. Adding more than 2,000 mg of supplemental plant sterols and stanols to the daily diet is not expected to provide additional benefits and is not recommended.

Q. How soon after beginning consumption do plant sterols and stanols have an impact on cholesterol?

A. The effect of plant sterols and stanols on reducing LDL cholesterol may be apparent within four to six weeks,* but we believe the management of blood cholesterol levels—including eating less saturated fat and cholesterol, exercising, losing weight, and eating more soluble fibre—is a lifelong responsibility. The way to measure the effectiveness of plant sterols and stanols is to have your blood cholesterol (including LDL cholesterol) tested just before beginning consumption, and again four to six weeks into your daily regimen of adding plant sterols and stanols to your diet. Ask your doctor if you want to have your LDL cholesterol level checked.

*Products providing 800 mg of plant sterols and stanols daily, consumed with two different meals as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cholesterol Reduction Complex provides 1,000 mg of plant sterols and stanols per serving, and 2,000 mg daily when used as directed.



Lower Your Cholesterol Naturally[†]

Q. Who should NOT take Shaklee Cholesterol Reduction Complex?

A. Cholesterol Reduction Complex is not intended for women who are pregnant or nursing or children under 12 years of age. If you are using cholesterol-lowering medications, consult your physician before taking Cholesterol Reduction Complex.

Q. When should I take Shaklee Cholesterol Reduction Complex?

A. For best results, take two tablets of Cholesterol Reduction Complex twice daily up to 30 minutes before mealtime.

Q. Are there side effects associated with Shaklee Cholesterol Reduction Complex?

A. The ingredients in Shaklee Cholesterol Reduction Complex have been shown to be safe in clinical trials when used as directed, and no significant side effects have been observed. Adding more than 2,000 mg of plant sterols and stanols to the daily dietary intake is not expected to provide additional benefits and is not recommended.

Q. Is it necessary to have elevated cholesterol levels in order to take Shaklee Cholesterol Reduction Complex?

A. Shaklee Cholesterol Reduction Complex can be used to help manage cholesterol, regardless of your cholesterol level.*

Q. Are plant sterols and stanols effective if I'm already on a diet low in saturated fat and cholesterol, or if I'm already taking statins medication?

A. Studies show that even if you are already on a heart-healthy diet (low in saturated fat and cholesterol) or taking statins medication, adding plant sterols and stanols to your diet can further decrease your LDL cholesterol concentration. If you are using cholesterol-lowering medications, consult your physician before taking Cholesterol Reduction Complex.

Q. Is Shaklee Cholesterol Reduction Complex kosher?

A. Shaklee Cholesterol Reduction Complex is kosher certified.

Q. What is the shelf life of Shaklee Cholesterol Reduction Complex?

A. Twelve months.

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