



Red Yeast Rice and Coenzyme Q-10 are two important elements which keep healthy cholesterol level. Red Yeast Rice supports healthy cholesterol and heart whereas Coenzyme Q-10 is a key nutrient for antioxidant and reducing free radicals. It is suitable for people who concerned about cholesterol. [1-2]

Cholesterol is a waxy, fat-like substance found in foods, and produced by our liver. It is the source for bile secretion and modulator for the health of blood vessels. It is used to protect nerves, construct cell tissues, and make certain hormones. Cholesterol is a very important substance, and is needed in small quantities for the body to function normally. In high quantities, however, it can have an adverse effect on our health. [3-4]

What Is Total Cholesterol Level in blood?

Our cholesterol level is measured in milligrams per deciliter of blood (mg/dL). Three measures are used to calculate total cholesterol level: [5]

- HDL cholesterol (HDL-C), which is the 'good' kind of cholesterol
- LDL cholesterol (LDL-C), which is the 'bad' kind of cholesterol
- Triglyceride level (TG).

Your optimal cholesterol levels will vary depending on your gender, age, blood pressure, obesity, and a number of other hereditary and lifestyle factors - including whether or not you smoke. [6]

NCEP ATP III defines the risk of developing coronary heart disease and other cholesterol related conditions, if under fasting, LDL-C less than 100mg/dL is the optimal goal for treatment. For people at very high risk, LDL-C less than 70mg/dL is a therapeutic option. [7-8]

What Is Your Triglyceride Level?

Triglycerides are a fat that is produced by our body. In general if you have a high triglyceride level it is likely that your total cholesterol level will also be high, as well as your LDL cholesterol level. People with a high triglyceride level usually have a low HDL level and are more at risk of a heart attack or stroke. [9-10]

Risk factors for high triglyceride levels include obesity, smoking, alcohol consumption, physical inactivity, and a high carbohydrate diet. [7]

Benefits of Red Yeast Rice:

Red yeast rice, a fermented product of rice on which red yeast (*Monascus purpureus*) has been grown. It has been used as a medicinal food to promote "blood circulation" for centuries in Chinese. Extracts of red yeast rice contains several active ingredients as family of monacolin-related substances, sterols, isoflavones and monounsaturated fatty acids. The largest type of monacolins is monacolin K which also known as naturally occurring statin (lovastatin). It works by blocking an enzyme (HMG-CoA reductase) necessary in the formation of cholesterol and by speeding up the catabolism of LDL from the blood. Red Yeast Rice is a nutritional product, the effects are similar to the medicinal products (Statin). [14-15] By lowering plasma concentration of cholesterol, red yeast rice extract may help to prevent heart disease and associated complications. [1, 11-12]

Numerous researches and clinical trials revealed that Red Yeast Rice has benefit in cholesterol-lowering effects within 8 weeks, the effects includes: [11-13]

- Reduce total cholesterol level
- Reduce LDL cholesterol level
- Reduce triglyceride level
- Increase HDL cholesterol level

Benefits of Coenzyme Q-10: [2]

- Natural antioxidant in human body cells, delay the aging process of body cells
- Able to reduce free radicals due to uv light, passive smoking, pressure and imbalance diet
- Helps boost body cellular metabolism, activates cell growth
- Helps keep skin young and delicate

Recommended daily dose:

For Adults, take 1 capsule 2 times daily or as recommended by physicians.

References:

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