

Gugulipid: A Natural Way to Balance Blood Lipid Levels

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Gugulipid is an extract from the resin of Gum guggul (*Commiphora mukul*), a plant native to India. Guggul has been used in traditional Ayurvedic medicine for centuries as a treatment for a variety of disorders. Guggul's active components, Z-guggulsterone and E-guggulsterone, are present in the gugulipid extract, and have the ability to lower both cholesterol and triglyceride levels.¹

Cholesterol and Triglyceride Lowering

Gugulipid significantly lowers serum triglycerides and cholesterol as well as LDL and VLDL cholesterol.² Gugulipid does this by helping the liver to increase the uptake of the proteins that carry VLDL and LDL cholesterol. Gugulipid also raises levels of artery-cleansing HDL cholesterol.

Gugulipid also acts as an antioxidant, keeping LDL cholesterol from oxidizing, and thus helping to protect against plaque build-up in arteries.³

A human study of 500 mg of gugulipid given for 12 weeks showed that this plant compound significantly lowers cholesterol and triglycerides.⁴ In 80% of the patients, cholesterol dropped 24% and triglycerides dropped 23%. Another study of 233 patients compared gugulipid to the lipid lowering drug clofibrate. Those treated with gugulipid lowered their cholesterol by 11% and their triglycerides by 17%. Beneficial HDL cholesterol increased in 60%. The clofibrate treated group saw a 10% drop in cholesterol and a 22% decrease in triglycerides, but saw no benefit on HDL levels.⁴ Gugulipid also accomplished all of this without the side effects that accompany many cholesterol lowering drugs and without interfering with CoQ10 production.

Reducing Platelet Stickiness and Helping Thyroid Function

Gugulipid has also been shown to reduce the stickiness of platelets.⁵ Research also suggests that Gugulipid may help increase thyroid function.⁶

How to Take Gugulipid

Research suggests that the beneficial dose of gugulipid ranges from 500 to 1,000 mg per day.

Safety

Human research has found gugulipid to be safe and non-toxic.

References

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4. Niyand, e.a., Clinical trials with gugulipid: a new hypolipidaemic agent. *J Assod Physicians India*, 1989. 37: p. 323.
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This flyer is meant to be educational and informational in nature. The statements herein have not been evaluated by the Food and Drug Administration.

Benefits of Gugulipid:

- Lowers LDL Cholesterol
- Raises HDL Cholesterol
- Lowers Triglycerides
- Has Antioxidant Benefits
- Reduces Platelet Stickiness
- May Increase Thyroid Function