

The Natural Way to Optimize LDL and HDL Cholesterol Levels

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Policosanol is a blend of natural plant compounds found in sugar cane wax (*Saccharum officinarum*). Many human studies have shown that policosanol is an effective and safe way to lower LDL cholesterol and raise beneficial HDL cholesterol. Best of all, policosanol does this without the side effects of drugs. Unlike statin drugs, policosanol does not interfere with the body's production of CoQ10.

Naturally Promoting Healthy Cholesterol Levels

One hundred and seventy-nine patients aged 60-78 years with high cholesterol and high risk for heart disease participated in a 30 week trial. When patients were treated with 5 mg per day of policosanol for 12 weeks, LDL cholesterol dropped 17% and total cholesterol decreased 13%. Levels of beneficial HDL cholesterol rose 14%. When policosanol intake was increased to 10 mg per day, the results were even more impressive: LDL dropped 24%, total cholesterol decreased 16%, and HDL rose a whopping 29%.¹

Policosanol and Cholesterol Lowering Drugs Studied Head On

A number of studies have demonstrated that policosanol provides similar, often superior, benefits to those of cholesterol lowering drugs.^{2,3} When policosanol and the drug pravastatin were tested side-by-side in an 8-week study of 68 adults, policosanol performed better. Ten milligrams of policosanol reduced total cholesterol by 14% and LDL by 19%. HDL levels increased 18%, and triglycerides dropped 14%. Policosanol also slightly lowered blood pressure. Pravastatin reduced total cholesterol, but by less: 12%. LDL reduction was also less with pravastatin: 16%. Most important of all, pravastatin failed to benefit two of the most important predictive factors for heart disease: HDL and triglyceride levels.⁴

Inhibiting Platelet Clotting

One of the ways to keep blood "thinner" is to inhibit the natural tendency of platelets to clot. Policosanol has been found to inhibit platelet clotting naturally.⁵ Policosanol appears to thin blood without increasing bleeding time.⁶

Improving Exercise Endurance in Heart Disease and Intermittent Claudication Patients

Policosanol improves the exercise response in patients with coronary artery disease.⁷ Policosanol taken at a 20 mg dose for 2 years increased walking distances and improved symptoms caused by poor circulation.⁸

How to Take Policosanol

Research suggests that the beneficial doses of policosanol range from 10 to 20 mg per day. For maximum effectiveness, only use policosanol derived from sugar cane wax. This is the kind which has been found safe and effective in humans. Policosanol from beeswax or other sources may not be as effective.

Policosanol has been found to be very safe and extremely well-tolerated over many years of consumption.⁹ Toxicity tests in rats using 1,724 times the human dose showed no toxicity. Note that policosanol contains none of the sugar found in sugar cane, and is safe and beneficial for diabetics.

References

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Benefits of Policosanol:

- Lowers Total and LDL Cholesterol
- Lowers Triglycerides
- Raises HDL Cholesterol
- Inhibits platelet clotting
- Improves Intermittent Claudication
- Lowers Blood Lipids in Diabetics
- Lowers Blood Pressure
- Inhibits Lipid Peroxidation
- Fights Inflammation

This flyer is meant to be educational and informational in nature. The statements herein have not been evaluated by the Food and Drug Administration.