



LI FORM

90
Capsules

Food Supplement

**SUPPORTS HEALTHY
CHOLESTEROL LEVELS**

Cholesterol is found in every cell of your body, around the membranes of the 30 trillion cells of your body. Here it helps maintain the integrity of these membranes and plays a role in facilitating cell signalling – meaning the ability of your cells to communicate with each other so you function as a human, rather than a pile of cells.

Cholesterol is also responsible for maintaining the stiffness, stability and maintenance of cell structure.

Cholesterol is one of the main building blocks of all cell membranes – it is the bricks and mortar of the cell's structure – it helps to form the lipid bilayer of each cell in our body.

Cholesterol is vital for **hormone production** and therefore the entire human reproductive system is totally dependent on cholesterol.

Cholesterol is vital for **digestion** – the human body uses cholesterol to synthesise bile acids. Without cholesterol-rich bile salts, the human body could not absorb essential fatty acids or the fat-soluble vitamins A, D, E and K.

Cholesterol is vital for the **brain, central nervous system and memory functions**. Even though the brain is only 2% of the body's weight, it contains approximately 25% of the body's cholesterol. Also, cholesterol is vital for **bones** and for all the roles performed by vitamin D. Vitamin D is best known for its role in calcium and phosphorus metabolism, and thus bone health.



LI FORM is a food supplement that contains herbal ingredients such as bergamot fruit extract, phytosterols, Japanese knotweed extract, policosanol, maritime pine bark that help support serum lipid levels within the healthy range and supporting the healthy cholesterol levels.

PRODUCT INFORMATION

Each capsule provides:

Bergamot fruit – 280 mg

Maritime pine bark – 60 mg

Of which Proanthocyanidins = 1.14 mg

Phytosterols – 50 mg

Resveratrol – 7 mg

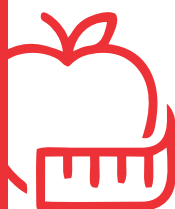
Mixed Tocotrienols – 2 mg

Monacolin K – 1.5 mg

Octacosanol – 1.5 mg

FREE FROM:

- ✓ Artificial colours
- ✓ Flavours
- ✓ Sugar
- ✓ Wheat
- ✓ Preservatives
- ✓ Dairy products
- ✓ Gluten
- ✓ FOS
- ✓ GM ingredients



Ingredients: capsule shell: hydroxypropyl methylcellulose (HPMC)(vegetarian), red rice yeast extract (0.4% Monacolin K), Bergamot fruit extract 5:1 (citrus medica var. sarcodactylis), phytosterols 95% (**Soy**), Japanese knotweed extract 62 5:1 (50% resveratrol), mixed tocotrienols 50%, policosanol powder 60%, octacosanol (sugar cane), maritime pine bark extract 50:1 (95% Proanthocyanidins)

Allergy Advice: for allergens, see ingredients in **bold**.

Directions: Take 1 capsule x 3 times daily with food or water or as advised.

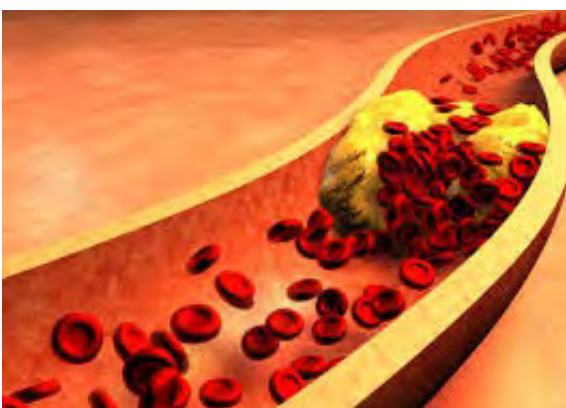
CAUTION:

- Do not exceed the recommended daily intake.
- Keep away from children.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

CAUSES OF HIGH BLOOD CHOLESTEROL LEVELS

- Heredity – The ABCB4 gene which encodes a protein known to transport fats from the liver into bile to facilitate excretion of cholesterol from the body, has been found to affect LDL levels in blood.
- Weight – excess weight tends to increase the levels
- Smoking
- Age and gender – cholesterol levels naturally rise as men and women age. Menopause is often associated with increased LDL cholesterol in women
- Type 2 diabetes
- Underactive thyroid gland – hypothyroidism
- Liver and kidney problems
- Heavy metals
- Certain foods – saturated fat
- Certain medications such as diuretics, steroid hormones, immune-suppressants, beta blockers.



ABOUT THE INGREDIENTS

Bergamot fruit extract (*Citrus medica var. sarcodactylis*): A [six-month prospective study](#) involving 80 participants sought to measure the beneficial effects of bergamot extract on cholesterol levels. Researchers found that when a bergamot-derived extract was given to participants for six months, it was able to reduce total cholesterol levels, triglycerides and LDL cholesterol levels, and increase HDL cholesterol. Researchers believe that this benefit may come from the high amounts of flavonoids present in bergamot extract.

Phytosterols: Phytosterols are a group of naturally occurring compounds found in plant cell membranes. Phytosterols are structurally similar to the body's cholesterol, when they are consumed, they compete with cholesterol for absorption in the digestive system. As a result, cholesterol absorption is blocked, and blood cholesterol levels reduced. [Studies suggested](#) that phytosterols effectively reduce LDL-cholesterol when given as supplements, and the smaller amounts in natural foods also appear to be important.

Japanese knotweed extract: Japanese knotweed is an excellent source of resveratrol, the chemical compound found in grapes—except Japanese knotweed contains high concentrations of trans-resveratrol, the active form of the compound most useful to the body.

Maritime pine bark: Maritime pine bark is found on pine trees off the southwest coast of France. It has been used for centuries by sailors as an herbal supplement. Studies have been found to be beneficial for supporting normal cardiovascular function.

Policosanol: Policosanol is a term that refers to a mixture of fatty acids alcohols and is sometimes referred to as cane sugar extract due to its first discovered source being Cuban cane sugar. Studies have shown that Policosanol can help to reduce total cholesterol, LDL, and help to increase HDL.

Red rice yeast (Monacolin K): Red rice yeast is created by fermenting rice with the *Monascus purpureus* yeast. This fermentation process in one of the by-products, monacolin K, which is chemically identical to the drug lovastatin. A study (2010) that have been evaluated the tolerability of red rice yeast versus pravastatin in patients unable to tolerate statins, conclude that red rice yeast was tolerated as well as pravastatin and achieved a comparable reduction of low-density lipoprotein cholesterol in a population previously intolerant to statins.

Another study that took part 5000 people who have suffered a heart attack conclude that those people who took an extract of red yeast rice for five years reduced their risk of repeat heart attacks by 45%.

