

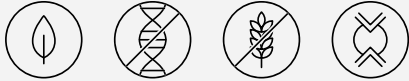
Dietary supplement

ProCholterol® NEW

DuoLife **MEDICAL FORMULA PROCHOLTEROL® NEW** is a dietary supplement supporting the metabolism of the body. The composition of natural ingredients, including fermented red rice extract and the proprietary formula of cactus pear leaves, has been encapsulated in innovative delayed release capsules that improve the absorption of active compounds.



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DuoLife **MEDICAL FORMULA PROCHOLTEROL® NEW** contains plant extracts that support fat metabolism in the body, helping to maintain proper blood cholesterol levels and body weight. The combination of raw materials with adaptogenic and antioxidant properties and the valuable K monocline allows for optimal support of the cardiovascular functions.

When?

Cardiovascular disease is the leading cause of death worldwide, causing the deaths of some 4 million people in Europe annually¹. The risk factors of this global epidemic include obesity, smoking, low physical activity and metabolic disorders². However, the main cardiovascular risk factor is high levels of LDL cholesterol in blood, most often resulting from an inadequate diet^{1,2}. Therefore, eating balanced meals with a high content of vegetables and fruits, rich in fibre and at the same time poor in saturated fatty acids, is an excellent prevention of heart and vessel diseases. In maintaining the correct level of LDL cholesterol in the blood and correct body weight, a rational supplementation based on ingredients supporting the metabolism of the body can be of help. DuoLife **MEDICAL FORMULA PROCHOLTEROL® NEW** will prove to be a supportive supplement for people:

- ▶ wishing to maintain normal cholesterol blood levels;
- ▶ wishing to maintain correct body weight;
- ▶ struggling with cardiovascular problems;
- ▶ overweight and obese;
- ▶ elderly people;
- ▶ post-menopausal women.

How?

DuoLife **MEDICAL FORMULA PROCHOLTEROL® NEW** supports:

- ▶ body metabolism, particularly metabolism of fats in the body;
- ▶ normal cholesterol, triglycerides and blood glucose levels;
- ▶ cardiovascular system function;
- ▶ optimal function of blood vessels, helping to prevent the accumulation of cholesterol in vessel walls;
- ▶ antioxidative mechanisms;
- ▶ body detoxification processes;
- ▶ liver functions;
- ▶ physiological intestinal flora function.



DuoLife MEDICAL FORMULA PROCHOLTEROL® NEW - usage:

1-2 capsules daily.

Composition table

Content of ingredients per average daily dosage	1 capsule	2 capsules
Indian gooseberry fruit extract (<i>Phyllanthus emblica</i>)	80 mg	160 mg
red yeast rice extract	60 mg	120 mg
monacolin K	1,8 mg	3,6 mg
ProCholterol® (proprietary formula extracted from cactus pear (<i>Opuntia ficus-indica</i>) leaves)	40 mg	80 mg
garlic extract (<i>Allium sativum</i>)	30 mg	60 mg
Gynostemma pentaphyllum leaf extract	30 mg	60 mg
phytosterols extracted from soybean seed oil (<i>Glycine max Merr.</i>)	20 mg	40 mg
Brahmi (<i>Bacopa monnieri</i>) leaf extract	20 mg	40 mg

Ingredients: chicory root inulin (FOS), Indian gooseberry (*Phyllanthus emblica*) extract 5:1, red yeast rice extract 30:1 (3% monacolin K), ProCholterol® proprietary formula extracted from cactus pear (*Opuntia ficus-indica*) leaves, garlic (*Allium sativum*) extract 10:1, Gynostemma pentaphyllum leaf extract 5:1, phytosterols extracted from soybean seed oil (*Glycine max Merr.*) 25:1, Brahmi (*Bacopa monnieri*) leaf extract 5:1. Capsule ingredients: hydroxypropyl methylcellulose (HPMC), gellan gum, chlorophyllin and chlorophyll (dye). Anti-caking agent: silica.

Do not exceed the recommended daily intake. The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.

The herbal extracts contained in the preparation **have a 5:1, 10:1, 25:1 and 30:1 ratio next to their names - this is the so-called DER. What does it mean?**

DER (drug extract ratio) specifies a number of milligrams of plant material used to obtain one milligram of the extract.

If the capsule contains 80 milligrams of Indian gooseberry extract (or other extract) DER 5:1, this means that 400 milligrams of raw material were used to obtain the capsule. The capsules from the Medical Formula NEW line have an increased DER, so the same (or even lower) amount of the extract may provide a larger dose of active substances.

Why is the fermentation process of red rice essential for the extract to work? Why is the K monacoline contained in fermented red rice so valuable?

Food grade red rice does not directly have any properties that are conducive to reducing blood lipid levels. It is only during the fermentation process that the yeast enriches the rice with a complex of substances that have a significant effect on the regulation of LDL cholesterol levels in plasma¹; one of these substances is K monacoline, to which the fermented extract owes its extraordinary health-supporting power.

K monacoline contributes to inhibiting the endogenous synthesis of cholesterol in the body. It has one of the most clinically documented biological action profiles. The compound promotes the reduction of the LDL fraction in plasma and helps maintain normal blood vessel function, supporting the prevention of atherosclerosis and hypertension¹. The other components of fermented red rice provide an important „biological background“ for the K monacoline; they contribute to improving its absorption and can enhance its action^{1,3,4}.

The supplementation of red fermented rice has been suggested in the main European guidelines, in international consensus documents and by the European Food Safety Authority (EFSA)¹.

How does the proprietary ProCholterol® formula derived from prickly pear leaves work?

Prickly pear helps regulate the body's fat metabolism, helping to reduce LDL cholesterol levels in blood⁵. The polyphenols contained in the raw material have a positive effect on the transport of cholesterol in liver cells, reducing its secretion into blood⁶. Due to its antioxidant potential, prickly pear supports the prevention of many chronic diseases such as hypertension, arteriosclerosis, obesity and diabetes⁷.

Antioxidants contained in Indian gooseberry fruit extract and garlic extract help to maintain proper LDL cholesterol level in blood.

- ▶ Indian gooseberry is a valuable source of vitamin C, a strong antioxidant with many health-supporting properties⁸⁻¹⁰. Thanks to its antioxidant properties, sweeping away free oxygen radicals, vitamin C helps prevent heart and blood vessel diseases¹¹, regulates lipid metabolism and helps maintain normal blood cholesterol levels¹². In addition, vitamin C can contribute to lowering blood pressure, and supports the proper course of blood clotting processes⁹.
- ▶ Garlic is rich in antioxidant flavonoids that affect the health-supporting properties of the plant¹³. The raw material helps normalize cholesterol and glucose levels in the blood, supports the well-being of blood vessels, contributes to maintaining proper blood pressure. Moreover, it supports the functions of the liver and the immune system¹³⁻¹⁵.

What are phytosterols? Why is increasing their dietary intake worthwhile?

Phytosterols are sterol compounds of plant origin, many of them can have a beneficial effect on human health. Sitosterol and stigmasterol are phytosterols found in vegetable soya bean seed oil, which are conducive to reducing blood LDL cholesterol levels by inhibiting cholesterol absorption from the intestine^{16,17}.

What is the adaptogenic effect of Brahmi and Gynostemma leaves?

Adaptogen is a substance that increases the body's resistance to various adverse factors, the so-called stressors¹⁸.

- ▶ Gynostemma belongs to adaptogenic materials; it also contains bioactive compounds with an antioxidative effect and gypenosides, of chemical structure similar to ginsenosides found in ginseng root¹⁸. Thanks to this it shows toning properties, supports heart and liver function, regulates cholesterol and blood sugar levels and helps maintain proper blood pressure. Furthermore, it regulates metabolism of fats, helping to maintain normal body weight. It also supports the immune system and helps preserve the body's physical strength¹⁸⁻²⁰.
- ▶ Brahmi is another raw material with adaptogenic properties²¹. Among the active compounds we can distinguish between bacosides, bacopasides and bacosaponins, as well as antioxidant polyphenols and health-supporting phytosterols (stigmasterol and sitosterol). The plant helps protect the liver and heart, has an antioxidant effect, promotes the removal of harmful metabolic products and heavy metals from the body²² and has a beneficial effect on the blood lipid profile²³.

What makes DuoLife MEDICAL FORMULA PROCHOLTEROL® NEW different?

- ▶ **Capsules made of organic cellulose derivative (HPMC)**, containing also chlorophyll derivatives, without preservatives, gluten and gelatin, suitable also for vegans and vegetarians (plus kosher and halal certificates), with delayed release time, with clinical trials* - improving the absorption of active compounds contained inside the capsule, which translates into increased concentration of active substances in the body.
- ▶ **Packaging free of bisphenol A (BPA)**, a compound with controversial health effects²⁴.
- ▶ **Natural ingredients, with an additional content of prebiotic** - inulin from the common chicory root; inulin stimulates the development of natural intestinal microflora, thus supporting function of the gastrointestinal tract²⁵; it

has a low glycaemic index.

- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**
- ▶ **Complete ingredients, with their biological background maintained,** improving their bioavailability.
- ▶ **The product DOES NOT CONTAIN preservatives and artificial fillers, and IS GMO FREE** – the raw materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **The product is GLUTEN-FREE** - can be used by people with gluten intolerance.
- ▶ **Concentrated formula** – making the supplement easy to use: once or twice a day.

i *The references for DuoLife Medical Formula ProCholtero[®] can be found on a separate binder sheet.*