

Dr. Fuhrman®

# PRODUCT FACTS

## LDL BIOTECT

Plant sterols have long been recognized—and are FDA approved—for their capacity to reduce LDL cholesterol

### SUPPORTS HEALTHY CHOLESTEROL AND BLOOD PRESSURE LEVELS

This unique product was designed by Dr. Fuhrman specifically to meet the needs of his patients who desire effective cholesterol lowering without toxic drugs and the well-known risks and side effects that go along with them. Statin drugs, which block a key step in the body's production of cholesterol, are associated with liver dysfunction, acute renal failure, impaired muscle function, and cataracts.<sup>1</sup>

For those who still have LDL cholesterol above 100 mg/dl after dietary intervention, Dr. Fuhrman designed this mixture of high-quality, cholesterol-lowering and cardiac-protective compounds: plant sterols plus pomegranate, chokeberry, and green tea extracts. No other product on the market offers this combination of quality ingredients. LDL Protect is an all-natural formula that is effective and safe.

Plant sterols have long been recognized—and are FDA approved—for their capacity to reduce LDL cholesterol. The potent antioxidant compounds contained in both pomegranate and green tea are linked to lower cholesterol and blood pressure. All pomegranate extracts are not equal. Some cheaper grades are not certified to contain high levels of active polyphenols; Dr. Fuhrman utilizes the best. Chokeberry fruit has been found to benefit blood vessel health, and reduce cholesterol, blood pressure and triglycerides.

#### PLANT STEROLS

Plant Sterols (also known as phytosterols) naturally occur in a range of plant sources such as nuts, grains, and seeds. They function as cholesterol-lowering agents in blood by blocking the absorption of cholesterol from food during digestion and by blocking the re-absorption



of cholesterol manufactured by the liver. There is a significant amount of evidence - more than 100 human studies - supporting the LDL-lowering properties of plant sterols, collectively showing an approximate decrease of up to 12% in LDL levels. No negative health effects were reported in these studies.<sup>1</sup> In addition to their cholesterol-lowering properties, plant sterols possess anticancer, anti-inflammatory, anti-atherogenic, and anti-oxidative activities.<sup>1</sup>

Accumulating scientific evidence suggests that plant sterols from foods in the diet offer a potentially protective benefit in prevention of several types of cancer.<sup>2-5</sup>

Additionally, dietary plant sterols are reported to play a protective therapeutic role in benign prostatic hypertrophy (BPH or enlarged prostate), a common medical condition in older men.<sup>6</sup> Clinical symptoms of BPH have been shown to be improved by dietary supplementation. Studies show supplementation was

### LDL BIOTECT

#### Product Features

- 100% natural, food-derived ingredients
- Vegan
- Small, easy to swallow tablets
- Plant sterols, FDA approved for lowering cholesterol levels\*\*
- Plant sterols found safe and effective in clinical trials\*\*
- Whole food extracts of pomegranate, chokeberry and green tea
- Free of gluten, dairy, and soy
- Manufactured by a GMP certified and FDA-regulated facility
- Packaged in post-consumer resin (PCR)



Pomegranate juice is a rich source of phytochemical compounds shown to benefit the heart and blood vessels.

associated with significant improvements in prostatic function compared to placebo.<sup>7</sup>

**POMEGRANATE**

Pomegranate juice is a rich source of phytochemical compounds shown to benefit the heart and blood vessels. It not only lowers cholesterol, but lowers blood pressure and increases the speed at which heart blockages (atherosclerosis) melt away. LDL Protect contains a pomegranate extract that includes the full array of polyphenols present in the fruit's seeds, husk and juice, and is particularly rich in punicalagins, the major component responsible for the pomegranate's antioxidant and health benefits. These compounds offer protection against heart disease and cancer. They have

been shown to reduce platelet aggregation and naturally lower blood pressure, factors that prevent both heart attacks and strokes.<sup>8-9</sup>

All of the ingredients in LDL Protect are completely safe and without side effects. In the recommended dosage of LDL Protect, there are no known contraindications to the use of this supplement. No adverse reactions have been reported in the scientific literature.

“ALL OF THE INGREDIENTS IN LDL PROTECT ARE COMPLETELY SAFE AND WITHOUT SIDE EFFECTS.”

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2. Mendilaharsu M, De Stefani E, Deneo-Pellegrini H et al. **Phytosterols and risk of lung cancer: a case study in Uruguay.** *Lung Cancer* 1998; 21:37-45
3. Ronico A, De Stefani E, Baffetta P et al. **Vegetables, fruits and related nutrients and risk of breast cancer: a case control study in Uruguay.** *Nutr Canc* 1999; 35:111-19
4. De Stefani E, Brennan P, Boffetta P et al. **Vegetables, fruits, related dietary antioxidants and the risk of squamous cell carcinoma of the esophagus: a case control study in Uruguay.** *Nutr Canc* 2000; 38: 23-29
5. De Stanfani E, Baffetta P, Ronco AL et al. **Plant Sterols and risk of stomach cancer: a case study in Uruguay.** *Nutr Canc* 2000; 37:140-144
6. Klippel kf, Hill DM, Schipp B. **A multicentric, placebo-controlled double blind clinical trial of beta-sitosterol (phytosterol) for the treatment of benign prostate hyperplasia.** *Brit J Urol* 1996; 80:427-432.
7. Wilt T, Ishani A, MacDonald R, Stark G, Mulrow C, Lau J. **Beta-sitosterols for benign prostatic hyperplasia.** *Cochrane Database Syst Rev.* 2000;(2):CD001043. Berges RR, Kassen A, Senge T. **Treatment of symptomatic benign prostatic hyperplasia with beta-sitosterol: an 18-month follow-up.** *BJU Int.* 2000 May;85(7):842-6.
8. Aviram M, Dornfeld L, Rosenblat M, et al. **Pomegranate juice consumption reduces oxidative stress, atherogenic modifications to LDL, and platelet aggregation: studies in humans and in atherosclerotic apolipoprotein E-deficient mice.** *Am J Clin Nutr* 2000;71(5):1062-76
9. **Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure.** *Atherosclerosis* 2001;158(1):195-8

**LDL BIOTECT**  
Supplement Facts

Supplement Facts	
Serving Size: 2 Tablets	
Servings Per Container: 120	
	Amount Per Serving
CardioAid® Plant sterols (beta-sitosterol, campesterol, stigmasterol & other sterols) (95% plant sterols)	600 mg †
AroniaPURE™ Chokeberry fruit extract (Aronia melanocarpa)	120 mg †
Green tea leaf extract (providing 50 mg EGCG)	112.5 mg †
Pomegranate fruit extract (40% punicosides)	50 mg †

† Daily value not established.

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, vegetable steric acid, film coat (hypromellose, glycerine, hydroxypropyl cellulose), silica, dicalcium phosphate and vegetable magnesium stearate.

**Suggested Use:**  
Take 2 tablets, twice daily. Best taken with food.

**Does not contain:** eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

\*These supplements have not been evaluated by the Food and Drug Administration.

\*\*Foods containing at least 0.4 grams per servings of plant sterols, taken twice a day with meals for a daily total intake of at least 0.8 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving size of Dr. Fuhrman's LDL Biotect supplies 0.570 grams of vegetable sterol esters.

Products listed are not intended to diagnose, treat, cure or prevent disease.