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.1

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 have been shown in medical studies to reverse atherosclerosis and 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.1 In addition to their cholesterol-lowering properties, plant sterols possess anticancer, anti-inflammatory, anti-atherogenic, and anti-oxidative activities.2

Accumulating scientific evidence suggests that plant sterols deliver beneficial effects in the development of different types of cancer. Experimental studies point to plant sterols playing a protective role in the development of some types of cancer such as breast, colon and prostate.2,3 and indicate that phytosterols in the diet offer a potentially protective benefit in lung cancer, stomach cancer, and esophageal cancer.
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. Clinical symptoms of BPH have been shown to be improved by dietary supplementation. Studies show supplementation was associated with significant improvements in prostatic function compared to placebo.

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.

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.

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