

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, kidney disease, 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 cardioprotective compounds: plant sterols plus organic pomegranate, organic chokeberry, and organic amla extracts. No other product on the market offers this all natural combination of quality ingredients.

Plant sterols have long been recognized—and are FDA approved—for their capacity to reduce LDL cholesterol.\*\* The potent antioxidant compounds contained in pomegranate, chokeberry, and amla are linked to lower cholesterol and blood pressure.

#### 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 and the re-absorption of cholesterol manufactured by the liver in the digestive tract. 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>2</sup>

Additionally, dietary plant sterols are reported to play a protective role prostate health. Urinary symptoms from an enlarged prostate have been shown to be improved by dietary supplementation with plant sterols.<sup>3</sup>

#### ORGANIC POMEGRANATE EXTRACT

Pomegranate juice is a rich source of phytochemical compounds, pomegranate-specific punicalagins as well as ellagic acid and others, shown to benefit the heart and blood vessels, lowering blood pressure and helping heart blockages (atherosclerosis) melt away.<sup>4-6</sup> LDL Biotect contains a pomegranate fruit extract (Pomanox®) that has been found to reduce blood pressure in randomized controlled trials.<sup>7,8</sup>

### LDL BIOTECT

#### Product Features

- 100% natural, food-derived ingredients
- Vegan
- Plant sterols, FDA approved for lowering cholesterol levels\*\*
- Plant sterols found safe and effective in clinical trials\*
- Whole food extracts of pomegranate, chokeberry and amla fruit
- No gluten-containing ingredients
- Manufactured by a GMP certified and FDA-regulated facility



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

#### ORGANIC CHOKEBERRY

LDL Biotect includes organic chokeberry fruit powder. Chokeberry (*Aronia melanocarpa*) is an antioxidant-rich fruit that has been studied for its potential to promote cardiovascular health. A meta-analysis of seven studies on chokeberry juice or chokeberry extract supplements concluded that chokeberry reduced systolic blood pressure and total cholesterol.<sup>9</sup>

#### ORGANIC AMLA FRUIT

Amla, also called Indian gooseberry, is the antioxidant-rich fruit of a tree native to India. Randomized controlled trials on amla powders or extracts have found reductions in total cholesterol, LDL cholesterol, VLDL cholesterol, and triglycerides.<sup>10</sup>

“ANTIOXIDANTS IN POMEGRANATE, CHOKEBERRY, AND AMLA ARE LINKED TO LOWER CHOLESTEROL AND BLOOD PRESSURE.”

1. Cai T, Abel L, Langford O, et al. Associations between statins and adverse events in primary prevention of cardiovascular disease: systematic review with pairwise, network, and dose-response meta-analyses. *BMJ* 2021, 374:n1537.
2. Ras RT, Geleijnse JM, Trautwein EA. LDL-cholesterol-lowering effect of plant sterols and stanols across different dose ranges: a meta-analysis of randomised controlled studies. *Br J Nutr* 2014, 112:214-219.
3. Wilt T, Ishani A, MacDonald R, et al. Beta-sitosterols for benign prostatic hyperplasia. *Cochrane Database Syst Rev* 2000, 1999:CD001043.
4. Aviram M, Rosenblat M, Gaitini D, et al. Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation. *Clinical Nutrition* 2004, 23:423-433.
5. Aviram M, Dornfeld L. Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure. *Atherosclerosis* 2001, 158:195-198.
6. Wang D, Ozen C, Abu-Reidah IM, et al. Vasculoprotective Effects of Pomegranate (*Punica granatum* L.). *Front Pharmacol* 2018, 9:544.
7. Al-Dujaili EAS, Casey C, Stockton A. Antioxidant Properties and Beneficial Cardiovascular Effects of a Natural Extract of Pomegranate in Healthy Volunteers: A Randomized Preliminary Single-Blind Controlled Study. *Antioxidants (Basel)* 2022, 11.
8. Stockton A, Al-Dujaili E, McDougall G, et al. Effect of Pomegranate Extract Consumption on Cardiovascular Disease Risk Factors, Stress Hormones, and Quality of Life in Human Volunteers: An Exploratory Randomised, Double-Blind, Placebo-Controlled Trial. *EC Nutrition* 2015, 2:396-411.
9. Hawkins J, Hires C, Baker C, et al. Daily supplementation with aronia melanocarpa (chokeberry) reduces blood pressure and cholesterol: a meta analysis of controlled clinical trials. *J Diet Suppl* 2021, 18:517-530.
10. Brown PDS, Ketter N, Vis-Dunbar M, Sakakibara BM. Clinical effects of *Emblia officinalis* fruit consumption on cardiovascular disease risk factors: a systematic review and meta-analysis. *BMC Complement Med Ther* 2023, 23:190.

## LDL BIOTECT

### Supplement Facts

#### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 120

	Amount Per Serving
CardioAid® Plant sterols (beta-sitosterol, campesterol, stigmasterol & other sterols) (95% plant sterols)	600 mg*
Organic chokeberry fruit powder ( <i>Aronia melanocarpa</i> )	100 mg*
Organic amla fruit	250 mg*
Pomanox® P30 Organic pomegranate fruit extract	135 mg*

\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose, microcrystalline cellulose, dicalcium phosphate, leucine, silica.

#### Suggested Use:

Take 2 capsules, 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.