



# Lipid Support Formula

## What Is It?

Lipid Support Formula contains well-researched phytosterols and a powerful profile of specifically studied polyphenols to encourage healthy lipid metabolism.\*

## Uses For Lipid Support Formula

**Lipid Metabolism:** Over 30 randomized trials suggest that phytosterols provide statistically significant support for healthy lipid metabolism. Phytosterols maintain healthy lipid utilization in the intestines, enhance bile acid secretion, support liver receptor function and maintain healthy enzyme activity. Teaflavin® is a unique, patented green tea extract concentrated in theaflavins, generally found in small amounts in both black and green tea. Theaflavins are polyphenols with distinct health properties, including cardiovascular support. In a double blind, placebo-controlled, parallel-group trial involving 240 men and women, Teaflavin® green tea extract provided statistically significant support for healthy lipid metabolism. In a randomized, controlled, double blind, cross-over trial, olive fruit polyphenols, including hydroxytyrosol, promoted healthy lipid metabolism and provided powerful antioxidant protection. Studies reveal that pterostilbene, an antioxidant found in blueberries and the *Pterocarpus marsupium* tree, may promote healthy receptor activity to encourage healthy lipid, triglyceride and glucose metabolism. A recent animal study revealed that the citrus bioflavonoids hesperidin and naringin maintained healthy lipid metabolism during concurrent cholesterol feeding by supporting optimal plasma antioxidant activity.\*

**Vascular Health:** Recent trials suggest that grape seed and pomegranate polyphenols support cardiovascular health and lipid metabolism, in part by maintaining vascular endothelial function, healthy blood flow and antioxidant defense.\*

Supplements containing at least 0.4 grams per serving of plant sterols, eaten 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 of Lipid Support Formula supplies 0.4 grams of plant sterols.

## What Is The Source?

Phytosterols are derived from soy. Green tea extract is derived from *Camellia sinensis* leaf and standardized to contain 20% theaflavins. Olive extract is derived from *Olea europaea* L. fruit and standardized to contain 35% total polyphenols (min.) and 1% hydroxytyrosol. Pomegranate extract is derived from *Punica granatum* L. whole fruit and standardized to contain 40% punicosides. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. *Pterocarpus marsupium* extract is derived from the tree and standardized to contain 5% pterostilbene. Hesperidin methyl chalcone and naringin are derived from sweet orange and grapefruit, respectively. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

\*Teaflavin® is a licensed trademark of Nashai Biotech, LLC.

## Recommendations

Pure Encapsulations recommends 2 capsules taken 2 times daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

Green tea or phytosterols can cause GI upset, including nausea, vomiting, bloating, flatulence or diarrhea. Green tea has also been associated with dizziness, fatigue or agitation. If pregnant or lactating, consult your physician before taking this product.


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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Are There Any Potential Drug Interactions?

Green tea and pomegranate may alter the metabolism of some medications, including certain heart, anti-diarrhea, and cold / hay fever medications. Green tea and grape seed may be contra-indicated with blood thinning medications. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.

### Lipid Support Formula

<b>two vegetable capsules contain</b> 	
phytosterols.....	400 mg.
green tea ( <i>Camellia sinensis</i> ) extract (leaf) <sup>1</sup> .....	200 mg. (standardized to contain 20% theaflavins)
olive ( <i>Olea europaea</i> L.) extract (fruit).....	75 mg. (standardized to contain 35% total polyphenols (min.) and 1% hydroxytyrosol)
pomegranate ( <i>Punica granatum</i> L.) extract (whole fruit).....	50 mg. (standardized to contain 40% punicosides)
grape ( <i>Vitis vinifera</i> ) extract (seed).....	50 mg. (standardized to contain 92% polyphenols)
<i>Pterocarpus marsupium</i> extract (tree).....	100 mg. (standardized to contain 5% pterostilbene)
hesperidin methyl chalcone .....	50 mg.
naringin .....	50 mg.
vitamin C (as ascorbyl palmitate) .....	20 mg.
Contains soy	
<b>2 capsules taken 2 times per day, with meals.</b>	