



Health Products Incorporated

Nutrition News Focus

Nutrition Science Making News

Nutralife Polycosanol:

***The Future for Cholesterol
Control is Here***

Nutralife Polycosanol is an enhanced extract of Octacosanol combined with other related compounds extracted from the waxy substance of sugar cane. **Polycosanol** was first created by researchers searching for a cholesterol-lowering drug. In more than a dozen studies **Polycosanol** has shown ability to reduce high cholesterol levels.

Polycosanol has long been prescribed in other countries and is now finally available here. Nutralife is the **first Polycosanol** in the United States with the **original formulation** used with outstanding results in the research. **No other product can make that claim.**

In more than
a dozen studies,
Polycosanol
has shown ability to reduce
high cholesterol levels



Polycosonal Pearls

Comparable to Aspirin

Effects of Polycosanol on platelets are comparable to low dose aspirin.

Promising Benefits in Current Research

- Reduction of cardiac damage in heart attack
- Prevention of gastric ulcers
- Reduction in type and number of symptoms of intermittent claudication

Polycosonal Pearls

Cancel negative effects of some medications.

In hypertensive patients with hypercholesterolemia, Polycosanol significantly lowered systolic blood pressure. Polycosanol maintained its beneficial action on lipids even though many of the patients were also taking beta-blockers and diuretics. These classes of drugs are known to have a negative impact on blood lipid levels.

Safe for Diabetics:

The new NCEP (National Cholesterol Education Program) guidelines released this year now include diabetes in the high risk category for CVD (Cardiovascular disease) along with established CVD.

Polycosanol safely lowered total cholesterol by 17.5% and LDL cholesterol 21.8% in both Type II diabetic patients and in those without diabetes. Glycemic control was not affected by **Polycosanol** making it safe for both patients with Type II diabetes and hypercholesterolemic patients.

The Research:

Polycosanol Performs Against Other Cholesterol-lowering Drugs

Against Fluvastatin

Using doses shown to produce comparable effects on lipids researchers compared the effectiveness and tolerability of **Polycosanol** (10 mg / day) with that of Fluvastatin (20 mg / day) for 8 weeks in older women with high cholesterol levels.

Polycosanol was more effective than Fluvastatin in producing beneficial changes in cholesterol levels.

Lipid Parameter	Reductions with Polycosanol	Reductions with Fluvastatin
LDL-C	29.2%	22.9%
Total Cholesterol (TC)	19.3%	16.7
LDL-C / HDL-C	39.8%	28.4%
TC / HDL-C	31.6%	22.8%

Polycosanol also **increased** HDL - C levels 19.8% Vs 9.2% with Fluvastatin.

Against Acipimox

- Greater reductions in LDL-C and TC achieved with Polycosanol
- **Polycosanol** reduced Lp(a) (apolipoprotein a) levels up to 57.4% in study patients with greatest lowering effects in those with high Lp(a) levels at the beginning of the study

Polycosonal Pearls

Elevated levels of Lp(a) are considered an independent risk factor for heart disease. High levels of Lp(a) carry a 10-fold greater risk for heart disease than high LDL cholesterol alone.

Against Other Cholesterol Drugs

Compared to Lovastatin, Pravastatin, Simvastatin (statins), Bezafibrate and Gemfibrozil (fibrates), and Probuco, **Polycosanol** was more effective than most and at least as effective at lowering lipid markers. **In addition, unlike the traditional medications, Polycosanol produced no liver toxicity or other side effects typical of all the drugs.**

Results indicate Polycosanol:

- Produces cholesterol-lowering effects within the first 6 to 8 weeks of use
- With 10 mg Polycosanol taken daily in the evening, LDL-C levels typically drop 29 to 25% within the first 6 months
- At 20 mg daily, LDL-C levels drop 25 to 30% and HDL -C typically increases 15 to 25% after only 2 months

Octacosanol, the primary ingredient in **Polycosanol**, is well known as an athletic aid and energy booster. It is used to enhance vigor and vitality. In studies, Octacosanol significantly reduced body fat and enhanced increases in lean body mass in male athletes, and reduced body fat accumulation in animals. The combination of Octacosanol and related compounds in **Polycosanol** is believed to reduce high cholesterol levels by limiting production of cholesterol by the liver. It also reduces platelet stickiness.

Recent research highlights **Polycosanol's** promising promotion of healthy cardiovascular function. Subjects taking **Polycosanol** experienced:

- Significant reduction in cardiac events
- Improved treadmill exercise-electrocardiogram testing

Polycosanol is Safe

Scientists looking for potential adverse effects have reported that **Polycosanol** has **few side effects and no long-term toxicity**.

Clinical trials in both post-menopausal women and older men and women with high cholesterol levels show **Polycosanol** was not only effective, but safe and well tolerated during the 6 months of supplementation. In studies no adverse drug reactions were found. **Polycosanol** can be used safely for:

- Diabetics
- The elderly
- Those with impaired liver function or severe liver damage

In studies, no adverse drug reactions were found.

Polycosanol Increases Libido

One of the unwanted side effects of cholesterol lowering medications is impairment of male sexual activity. Patients taking cholesterol-lowering drugs have reported decreased impotence.

Polycosanol does not impair sexual activity. The specific combination of vitality-enhancing Octacosanol and the key researched compounds extracted from sugar cane, has been found to eliminate this troubling side effect of traditional cholesterol drugs, at the same time creating an effective anti-cholesterol solution.

In clinical studies, patients reported improvement in sexual activity indicating that **Polycosanol** can promote healthy libido. This increased sexual activity also coincides with results of numerous studies performed on animals.

It is important to note that improved sexual function with **Polycosanol** was achieved with out affecting levels of testosterone, the main hormone regulating libido and sexual function.

In studies, patients reported improvement in sexual activity

The Brief on Benefits:

Lower Cholesterol Safely and Much More

Positive effects of Polycosanol on lipids:

- Significantly reduces serum total cholesterol (TC) and LDL-C levels (reductions increase as dose increases)
- Significantly reduces triglycerides, important for prevention of type II (NIDDM) diabetes (not effected by dose)
- Reduces cholesterol in the liver, heart and fatty tissues

Polycosanol Pearls

Retains Benefits

Polycosanol does not lose cholesterol-lowering effects with supplementation over time.

Safe with other medications

Important to note is that in elderly patients (>60) with high cholesterol there were no drug-related adverse effects with Polycosanol. This is good news since the elderly are at greater risk because they are often receiving medications for multiple conditions.

Prevention of Atherosclerosis and Stroke:

- Prevents thickening of blood vessels
- Prevents oxidation of LDL cholesterol (known to be a key factor in progression of vascular disease)
- Reduces platelet aggregation
- Does not affect coagulation

How to Take Nutralife Polycosanol

The recommended dose of Nutralife **Polycosanol** is 10 mg (1 tablet). **Polycosanaol** is best taken at the evening meal. This is because most cholesterol is manufactured at night.

As with other cholesterol lowering therapies, dosage can be adjusted upon checking blood cholesterol levels (typically every 2 months).

As with all Nutralife products, care is taken to ensure the highest standards for quality and effectiveness.

References

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