



# Health Matters

by  
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Heart disease accounts for one in every three deaths in the U.S. each year. Two major risk factors for this deadly disease are unmanaged blood cholesterol levels and inflammation. According to the American Heart Association, 50% of those over age 50 have an increased risk of heart disease due to their cholesterol levels.

Of course, diet and exercise are the building blocks of cardiovascular health, but sometimes more is needed. **Cholesterol Wellness** contains natural plant sterols proven by decades of research to naturally control cholesterol production, as well as other nutrients known to stabilize levels, such as niacin, chromium, red yeast rice, policosanol and CoQ10.

The ingredients in **Cholesterol Wellness** have been demonstrated in clinical trials to help increase HDL (good) and lower LDL (bad) levels. Because cholesterol-lowering statin drugs have a high risk of side effects, a more natural approach can be better tolerated and, in many cases, as effective.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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