

SUGGESTED USE Consume one or two capsules with each meal or snack depending on the amount of food consumed – with small meals or snacks consume a single capsule and with larger meals, 2 capsules. Minimum effective dosage is 2 capsules daily. There is no increased benefit from taking more than 2 capsules per meal or a total of six capsules daily. **CholestaCare** is intended to be taken immediately before, during or within 60 minutes of finishing eating. This product is most effective at reducing cholesterol when used as part of a low cholesterol, fiber-rich diet or when consumed with a natural fiber supplement, such as our **Fibermucil**. **For answers to questions about the use of this product, call 800.808.7311.**



www.HSN.com
800.944.9999



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QUESTIONS? CALL 800.800.1200
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MANUFACTURED BY



NATURAL CHOLESTEROL MANAGEMENT

CHOLESTACARE™

NATURAL PLANT STEROLS

HELPS REDUCE TOTAL CHOLESTEROL
AND LDL CHOLESTEROL LEVELS



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's CHOLESTACARE is an effective, natural formula providing our unique phytosterol blend, designed to support heart health by helping to reduce Total Cholesterol and LDL Cholesterol levels. Medical experts recognize that our Total Cholesterol and LDL (**L**ow **D**ensity **L**ipoprotein) Cholesterol levels are important indicators of our cardiovascular health or risk. The Food and Drug Administration now recognizes that Phytosterols, like those contained in **CholestaCare**, provide a natural means of lowering Total and LDL Cholesterol and thereby supporting heart health. Although naturally present in fruits, vegetables and grains, most Americans do not consume adequate amounts of these foods to achieve the recommended levels of the plant sterols necessary to positively affect their Cholesterol levels. Moreover, the foods that most Americans consume tend to deliver high levels of saturated fats and cholesterol, which can increase Total Cholesterol and other cardiovascular risk factors. Scientific evidence establishes that including adequate amounts of plant sterols in the diet helps to lower Total Cholesterol and LDL Cholesterol levels, which is important for heart health since high Total Cholesterol and high LDL Cholesterol levels are associated with an increased risk of developing coronary heart disease. **According to the US Food and Drug Administration, consuming at least 400 mg per serving of plant sterols twice daily with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A capsule of CholestaCare supplies 400 milligrams of plant sterols.** Of course, an intelligent approach to heart health and cholesterol reduction involves more than simply consuming **CholestaCare** daily and should also include a sensible dietary, exercise and weight control program under the guidance of a health care professional.

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

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or common allergens.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 180

Amount Per Serving

CholestaCare™ 800 mg †
Proprietary Sterol Blend

† Daily Value not established.

Other Ingredients: Gelatin capsule, Leucine and Silicon Dioxide.

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