



LDL-x2 and LDLx2 with Niacin

Natural cholesterol support with or without no-flush niacin

Res-Q LDL-x2 is a proprietary blend of phytosterol ester complex and policosanol to address the two main sources of cholesterol: your body's natural production and your diet. Additionally, the niacin contained in **Res-Q LDL-x2 with Niacin** has been shown to boost HDL cholesterol levels.

Plant Sterols

Phytosterol esters are called plant sterols, fat-like compounds that work in the small intestine to inhibit the absorption of dietary cholesterol during digestion. The average American dietary intake of plant sterols is only found in small quantities in foods. The ester form of plant sterols is more effective. The phytosterol esters found in **Res-Q LDL-x2** are derived from vegetables. By increasing plant sterol intake to 1,300 milligrams daily, excess cholesterol is eliminated instead of being absorbed. The FDA (Food and Drug Administration) states: "Foods containing at least .65 grams per serving of plant sterol esters, consumed twice a day with meals for a daily total intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." A one-caplet serving of **Res-Q LDL-x2** contains .65 grams of plant sterols; taken twice a day with meals, that equals a daily total intake of 1.3 grams of plant sterol esters. The FDA further acknowledges "the scientific evidence established that including plant sterol esters in the diet helps lower LDL (bad) cholesterol."



Policosanol

Policosanol safely works through the liver to support cardiovascular health, cholesterol well-being and healthy circulation. Research shows that policosanol's unique antioxidant-like properties may also support cholesterol in its healthy state, thereby helping to maintain a healthy cardiovascular system, and promoting further circulation and blood flow to the heart.

No-Flush Niacin (only in Res-Q LDL-x2 with Niacin)

Niacin has been shown to increase HDL (good) cholesterol by 30% or more. Niacin has multiple unique benefits that improve cardiovascular health. It has also been shown in clinical studies to help circulation and encourage the production of larger lipoproteins, another important benefit for maintaining healthy arteries.

