

# Healthy Cholesterol From Plant Sterols

I first learned about plant sterols and their ability to lower cholesterol at a private seminar at the Supply Side West Convention in Las Vegas in 2006. Independent studies showed that adding plant sterols to the diet yielded an average reduction in total cholesterol by 12%. If you want to lower your cholesterol without statin drugs this is a good first place to begin. Now in a convenient capsule form.

**Dosage: Take 2 a day for healthy cholesterol support.**

Healthy Cholesterol: Proven, Natural, and Very Effective Treatment for High Cholesterol Levels. HEALTHY combines beta sitosterol, beta glucan, garlic extract, niacin, and policosanol lowers cholesterol more effectively without the nauseating, serious, and sometimes fatal side-

**This is a True Heart Health Product!**

**Optimal Health Bridge:** 1-877-572-3444 **Customer Service Number**  
**Write to** 1539 Merritt Blvd Suite 142, Baltimore, MD 21222 **Fax** 443-408-  
**Website:** [www.OptimalHealthBridge.com](http://www.OptimalHealthBridge.com)

My Personal Guarantee: I personally stand behind my products, you have any concerns, please **contact me for a quick**

Supplement Facts	
Serving Size 2 Capsules	
Amount Per Serving	%Daily Value
Niacin (granular)	50 mg 250%
Policosanol	10 mg *
Gugulipid (2.5% guggulsterones)	100 mg *
Plant Sterol Complex	400 mg *
Cayenne (herb powder)	50 mg *
Garlic (herb powder)	50 mg *
*Daily Value not established.	

**Other ingredients:** Rice flour, modified cellulose (veg. capsules), stearic acid (veg. grade), magnesium stearate (veg. grade) and silica.

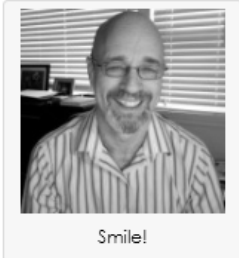
**ALLERGEN WARNING: CONTAINS SOY (PLANT STEROLS).**



CHOLESTEROL™  
cayenne powder,  
than toxic "statins" and  
effects.

443-450-4413  
1600

my website and my staff. If  
**response!** Thank you!



Gary Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Gary turned his health challenges around in just a few months by using Omega-3 supplements. Gary is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

