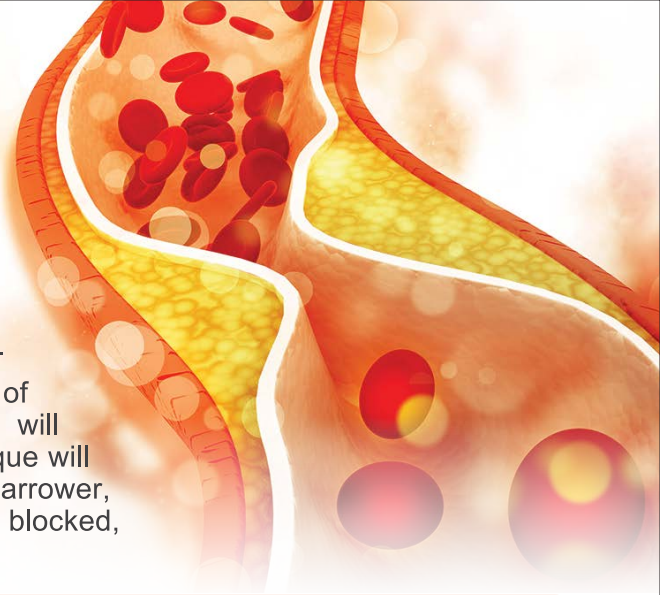


# Lower Your Cholesterol For A Healthier Life

Most working adults are eating outside instead of cooking at home due to their busy lifestyle. Those fast and delicious food available usually contains seasoning agent (e.g. monosodium glutamate, MSG) and is also high in calories, fat and cholesterol.

Cholesterol is a waxy, fat-like substance that is found in the cells of our body. When the cholesterol is high, the bad cholesterol will combine with other substances in the blood to form plaque. Plaque will attach onto the walls of the arteries, where the arteries become narrower, leading to coronary artery diseases. When the arteries become blocked, this may eventually lead to a heart attack.



## Unhealthy Habits and High Cholesterol



**Unhealthy food.** Eating bad fats, such as saturated fat, found in some meats, dairy products, baked goods, deep fried and processed foods. Besides, trans-fat, is also found in some fried and processed foods.

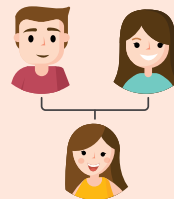


**Inactive or lack of exercise.** Person with little exercise and lots of sitting will have increased risk of high cholesterol.



**Smoking.** Smoking may reduce the level of good cholesterol (high-density lipoprotein, HDL) and raise the bad cholesterol (low-density lipoprotein, LDL).

## The Risk Factor of High Cholesterol



**Heredity.** High cholesterol can run in the family. Genetics may also cause high cholesterol such as familial hypercholesterolemia (FH), an inherited form of high cholesterol.



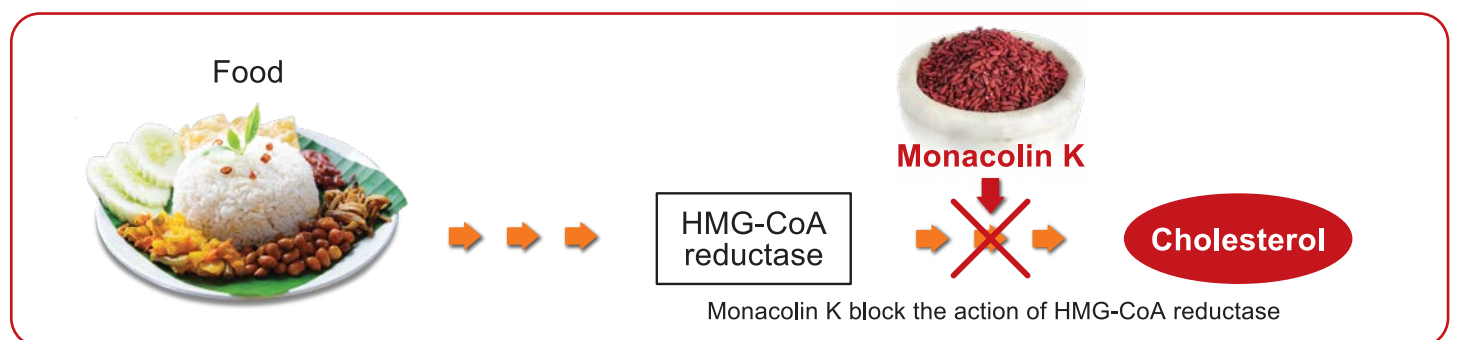
**Aging.** Elderly tends to have higher cholesterol level.



**Overweight or obese.** Having excess weight can lead to high cholesterol level.

Red Yeast Rice Extract (RYRE) is extracted from bright reddish-purple rice which has been fermented with a type of yeast, *Monascus purpureus*. It has been used in China and other Asian countries for centuries as traditional medicine to “promote healthy blood circulation”.

RYRE contains an important natural substance called Monacolin K. It is chemically identical to Lovastatin, a well-known medication for lowering down the cholesterol level in our body. Monacolin K helps to inhibit the synthesis of cholesterol by blocking the action of HMG-CoA reductase enzyme in the liver and maintain a healthy level of cholesterol in our body.



**References:** (1) Red Yeast Rice. WebMD. 2020. Retrieved from: <https://www.webmd.com/cholesterol-management/red-yeast-rice> (2) Red Yeast Rice and Cholesterol. MedicineNet. 2020. Retrieved from: [https://www.medicinenet.com/red\\_yeast\\_rice\\_and\\_cholesterol/article.htm](https://www.medicinenet.com/red_yeast_rice_and_cholesterol/article.htm) (3) Cholesterol. MedlinePlus. 2020. Retrieved from: <https://medlineplus.gov/cholesterol.html#:~:text=Cholesterol%20is%20a%20waxy%2C%20fat,all%20the%20cholesterol%20it%20needs.>