

SUGGESTED USE Consume one or two capsules immediately before, during or after each meal or snack. Minimum daily dosage is 2 capsules and there is no increased benefit from taking more than 6 capsules daily. This product is most effective when used as part of a low cholesterol, fiber-rich diet or when consumed with our natural Fibermucil. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% SOLAR PRODUCTION
ZERO CARBON FOOTPRINT



QUESTIONS? REORDERS?
800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs,
Henderson, NV 89011



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608273-11M



ANDREW LESSMAN



CHOLESTACARE™

Natural Cholesterol Management

Natural Plant Sterols
Helps Reduce Total Cholesterol Levels
and LDL Cholesterol Levels



Dietary Supplement 500 EASY-TO-SWALLOW CAPSULES

CHOLESTACARE is an effective, natural formula providing our unique phytosterol blend, designed to support heart health by helping to naturally reduce total and LDL cholesterol levels. Medical experts recognize that total cholesterol and LDL (Low Density Lipoprotein) cholesterol levels are important indicators of our heart disease risk. The FDA has long recognized that phytosterols, like those in **CholestaCare**, provide a natural means of lowering total and LDL cholesterol and thereby supporting heart health. Although naturally present in healthy foods, most Americans do not consume sufficient amounts of plant sterols necessary to reduce their cholesterol levels. On the other hand, most Americans consume foods rich in saturated fats and cholesterol, which can increase total and LDL cholesterol levels and cardiovascular risk. Scientific evidence establishes that adding plant sterols to the diet helps to lower total and LDL cholesterol levels, thereby promoting heart health. *According to the FDA, consuming at least 400 mg 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, any intelligent approach to heart health involves more than simply consuming **CholestaCare** and should also include a sensible diet, exercise and weight management 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 COMMON ALLERGENS

Supplement Facts

Serving Size 2 Capsules Servings Per Container 250

Amount Per Serving

CholestaCare™ Proprietary Sterol Blend	800 mg	†
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† Daily Value not established.

Other Ingredients: Gelatin capsule, Leucine and Silicon Dioxide.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or genetically modified (GMO) ingredients.

SUGGESTED USE Consume two capsules daily—preferably with food. You can increase or decrease your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

NOTICE Always consume fiber with ample liquid. Do not use if you have issues swallowing. If abdominal discomfort results, discontinue use and contact physician. Psyllium husk may cause rare allergic reactions. Consume prescription medicines at least an hour before or after this product.

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ANDREW LESSMAN



Mild • Natural • Non-Bloating
FIBERMUCIL™

Natural Psyllium Fiber in Small Capsules

Rich in Water-Soluble and Bulk Fiber
plus Lactobacillus Friendly Flora



FIBERMUCIL is a pure, encapsulated psyllium husk powder from the high-fiber *Plantago ovata* plant. It contains no additives and provides an unparalleled, natural source of fiber without fiber's typical unpleasant problems. **Fibermucil** is delivered as a gentle, ultra-fine powder in small, easy-to-swallow capsules. Unlike typical fiber products and drinks there are no added colors, flavors, calories or synthetic ingredients. Dietary fiber provides a myriad of health benefits and is often considered the most overlooked ingredient in the American diet. Fiber supports weight loss by providing feelings of fullness. It is also well established that the soluble fiber abundant in **Fibermucil** is an easy means of supporting healthy cholesterol levels and heart health. Natural **Fibermucil** also acts as a gentle *sponge* and *broom* naturally promoting regularity and transit time while cleansing the digestive tract of undigested food, debris, toxins and digestive by-products. Decades of clinical science have consistently proven the extensive health benefits of a fiber-rich diet to all body systems. **Fibermucil** provides a gentle, but powerful source of Mother Nature's best source of dietary fiber without the undesirable ingredients or unpleasant problems associated with typical fiber products.

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CONTAINS NO COMMON ALLERGENS

Supplement Facts

Serving Size 2 Capsules		Servings Per Container 180	
Amount Per Serving		% DV*	
Calories 0			
Total Carbohydrate		1 g	<1%
Dietary Fiber	1.1 g (1,100 mg)		4%
Soluble Fiber	0.9 g (940 mg)		†
Insoluble Fiber	0.2 g (160 mg)		†
Psyllium, powder (husk)		1.2 g	†
Lactobacillus sporogenes		13 Million CFU	†

* Percent Daily Values (% DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.