

# LIPITROL



## CLINICAL APPLICATIONS

- *Maintains Healthy Cholesterol Levels*
- *Provides Antioxidant Support to Protect Blood Vessels*
- *Helps Maintain Optimal Cardiometabolic Health*

## CARDIOVASCULAR HEALTH

Lipitrol includes an array of nutrients which work synergistically to maintain healthy cholesterol levels. Sytrinol<sup>®</sup>, one of Lipitrol's key ingredients, is a potent blend of polymethoxylated flavones (PMFs), a novel blend of citrus flavonoids, and tocotrienols from palm fruit extract, which help to support cholesterol metabolism and provide antioxidant benefits. Other key ingredients include 200 mg of chromium as a patented chromium-niacin complex, 500 mg of gugul (2.5% gugulsterones) and 150 mg of artichoke leaf extract.

### Overview

Cholesterol is made soluble by bile acids, which help enhance the digestion and absorption of dietary fats, making bile one of the major routes for the elimination of dietary cholesterol from the body. Ingested as part of the diet or derived from synthesis in the liver, cholesterol, together with bile acids, is conjugated to an amino acid and actively secreted into the GI tract. Lipitrol increases the production of bile, working with the body to maintain optimal cardiometabolic health.

### Sytrinol<sup>®</sup>†

Sytrinol<sup>®</sup> promotes healthy cholesterol metabolism by helping to control the degradation rate of the HMG-CoA reductase enzyme (required for cholesterol synthesis). Sytrinol's proprietary nutrient blend includes PMFs, unique citrus flavonoids (tangeretin, hesperidin and naringin), that inhibit the hepatic synthesis of cholesterol "building blocks," apolipoprotein B and triglycerides. PMFs also offer extra antioxidant support to protect blood vessels, which is essential for optimal cardiometabolic health. Sytrinol's effects have been shown in a variety of studies, including several human intervention trials. A

12-week, placebo-controlled clinical trial involving 120 men and women showed that compared to placebo, patients receiving Sytrinol<sup>®</sup> had significantly improved cardiovascular parameters. Those taking Sytrinol<sup>®</sup> had significantly improved markers of blood fats, and maintained healthy cholesterol levels.<sup>1</sup> Other studies using PMFs, including tangeretin and hesperetin, also found them to support healthy cholesterol levels.<sup>2-6</sup> PMFs have also been shown in the literature to support healthy blood sugar metabolism.<sup>7</sup>

### Gugul Resin<sup>†</sup>

Gugul, a resin produced by the stem of the Commiphora mukul tree, has active components called gugulsterones, which support liver cholesterol metabolism and improve cholesterol uptake from bile. Several small studies have shown gugulipids to support the maintenance of normal cholesterol levels and support blood fat balance in humans.<sup>8-10</sup> Proposed mechanisms for gugul's lipid-lowering effect includes increasing LDL receptors on liver cells allowing more cholesterol to be pulled from the blood stream.<sup>11</sup>

### Artichoke Leaf Extract<sup>†</sup>

Artichoke leaf extract (ALE) is known as a choloretic, and has specific compounds that promote the liver's cholesterol reserves. Cynarin, a key constituent of ALE, also supports the production and release of bile, the main transport mechanism of dietary cholesterol from the body. ALE has been shown to reduce of HMG-CoA reductase enzyme, even when stimulated by insulin.<sup>12</sup> Several key studies have also shown cynarin to be useful in supporting healthy cholesterol levels.<sup>13,14</sup> A randomized, double-blind, placebo-controlled study investigating the effects of eight weeks

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of ALE supplementation or placebo found ALE to significantly modulate HMG-COA reductase.<sup>15</sup>

## Chromium<sup>†</sup>

Research has shown chromium to be particularly beneficial for optimal carbohydrate and lipid metabolism. Lipitol uses a well-researched, niacin-bound chromium complex known as ChromeMate®. In a study examining the benefits of ChromeMate®, healthy cholesterol levels were better maintained among men who took this unique GTF-enhancing chromium.<sup>17</sup>

## Guar Gum<sup>†</sup>

Soluble fibers, especially guar gum, have been shown to assist in maintaining healthy cholesterol levels by sequestering the cholesterol-laden bile, ensuring excretion out of the body.<sup>18</sup>

## Directions

2 capsules per day or as recommended by your health care professional. For best results, consult your health care professional about using Fiber Plus with Lipitol.

## Does Not Contain

Gluten, yeast, artificial colors and flavors.

## Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

<b>Supplement Facts</b> <sup>v1</sup>		
Serving Size 2 Capsules		
Servings Per Container 30		
2 capsules contain	Amount Per Serving	% Daily Value
Chromium (as O-polynicotinate) <sup>‡</sup>	200 mcg	571%
Guggul (Standardized to contain 2.5% Guggulsterones)	500 mg	*
Proprietary Blend (Sytrinol®)	300 mg	
Orange ( <i>Citrus sinensis</i> ) (Immature Whole Fruit and Peels)		*
African Oil Palm ( <i>Elaeis guineensis</i> ) (Fruit)		*
Guar Gum	225 mg	*
Artichoke Leaf Extract (Standardized to contain 5% Cynarin)	150 mg	*

\* Daily Value not established

ID# 530060 60 Capsules

## References

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