



# Policosanol

## INTRODUCED 2002

### What Is It?

Policosanol is a well-tolerated mixture of long-chain aliphatic alcohols derived from sugar cane wax, promoting healthy lipid metabolism, triglyceride support, platelet function, and antioxidant protection for cardiovascular health.\*

### Uses For Policosanol

**Lipid And Cardiovascular Support:** The promising results of randomized, double blind placebo-controlled trials, including comparative studies, suggest that policosanol supports cardiovascular health. Though the mechanism for cardiovascular support of this substance remains unclear, policosanol may act in part by providing antioxidant protection, promoting healthy platelet function, and supporting healthy lipid metabolism. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the safety and tolerability of policosanol. At the highest dosage recommended by Pure Encapsulations, policosanol may support healthy triglyceride metabolism in some individuals.\*

### What Is The Source?

Policosanol is derived from sugar cane wax. Typical levels are 12-15 mg 1-octacosanol, 0-4 mg 1-triacontanol, 0.4-6 mg 1-hexacosanol, 0-2 mg 1-tetracosanol, 0-2 mg 1-nonacosanol, 0.02-2 mg 1-dotriacontanol, 0.02-2 mg 1-tetratriacontanol and 0-0.1 mg 1-heptacosanol. Hypo-allergenic plant fiber is derived from pine cellulose.



Leostanol is a registered trademark of Garuda International, Inc.

### Recommendations

Pure Encapsulations recommends 10-40 mg per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

Policosanol supports healthy platelet function and may act synergistically with blood-thinning drugs. Caution under these conditions and the close supervision of a health professional are advised.

#### Policosanol 20 mg.

each vegetable capsule contains  v 3  
 policosanol (from sugar cane wax)..... 20 mg.  
 (hypo-allergenic plant fiber added to complete capsule volume requirement)  
 1-2 capsules per day, in divided doses, with meals.

#### Policosanol 10 mg.

each vegetable capsule contains  v 3  
 policosanol (from sugar cane wax)..... 10 mg.  
 (hypo-allergenic plant fiber added to complete capsule volume requirement)  
 1-4 capsules per day, in divided doses, with meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

