

# Policosanol 20 mg

Supports healthy lipid metabolism and cardiovascular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Cardiovascular health support<sup>†</sup>

## BENEFITS

- Promotes endothelial function<sup>†</sup>
- Provides antioxidant support<sup>†</sup>
- Supports healthy platelet function and lipid metabolism<sup>†</sup>

## FEATURES

- Small, easy-to-swallow capsules
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Policosanol is a mixture of long-chain aliphatic alcohols that naturally occur in sugar cane. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the efficacy, safety and tolerability of policosanol.<sup>1-4</sup> Clinical research suggests that policosanol supports lipid metabolism and endothelial function, two independent determinants of cardiovascular health.<sup>4-7</sup> Policosanol has also been shown to support healthy platelet function and may support healthy lipid metabolism in some individuals.<sup>4-8</sup> Although its mechanisms of action remain unclear, preclinical data indicate that AMPK activation may contribute to its clinical benefits.<sup>9†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## 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-tetracontanol and 0-0.1 mg 1-heptacosanol

- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Size 3 caps

Bottle counts 60, 120

Order codes PO26, PO21

Bottle sizes 75 cc, 120 cc

## REFERENCES

1. Crespo N, et al. *Int J Clin Pharmacol Res.* 1999;19(4):117-27.
2. Stüsser R, et al. *Int J Clin Pharmacol Ther.* 1998 Sep;36(9):469-73.
3. Castaño G, et al. *Int J Clin Pharmacol Res.* 1999;19(4):105-16.
4. Li C, et al. *J Int Med Res.* 2020 Jul;48(7):300060520936082.
5. Askarpour M, et al. *Complement Ther Med.* Aug;45:89-97.
6. Liu S, et al. *Zhonghua Xin Xue Guan Bing Za Zhi.* 2012 Oct;40(10):840-3.
7. Castaño G, et al. *Int J Clin Pharmacol Res.* 2002;22(3-4):89-99.
8. Arruzazabala ML, et al. *Clin Exp Pharmacol Physiol.* 2002 Oct;29(10):891-7.
9. Nam DE, et al. *J Med Food.* 2019 Nov;22(11):1110-1117.

## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Policosanol \_\_\_\_\_ 20 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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Policosanol 20 mg	Quantity	Order Code
	120	PO21
	60	PO26

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