



NATURE'S SUNSHINE

Cholesterol-Reg II

GOOD FOR

Cardiovascular system

Heart

Blood

SIZE **90 Capsules**

ITEM # **557**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Cholesterol-Reg II brings together five well-researched natural ingredients that each play a distinct role in supporting healthy cholesterol levels, keeping your arteries happy, and helping your cardiovascular system run smoothly. Think of it as a team effort — every ingredient adds something meaningful to the mix.

Phytosterols — Phytosterols are natural compounds found in plants that look a lot like cholesterol in structure — and that similarity is exactly what makes them so useful. They compete with cholesterol for absorption in the digestive tract, which means less cholesterol makes it into your bloodstream. Multiple large studies show they can lower LDL ("bad") cholesterol by 8–15% at the right daily amount. Major nutrition and cardiovascular health authorities recognize phytosterols as one of the most reliable natural tools for LDL management. They also act as antioxidants, helping protect cells from everyday oxidative wear and tear, and research suggests they offer modest but consistent support for healthy blood pressure levels too.

Inositol Nicotinate — Inositol nicotinate is a special, gentle form of niacin — vitamin B3 — bonded to inositol, a naturally occurring nutrient. Once your body processes it, it releases niacin, which has a long history of supporting healthy cholesterol balance and good circulation. It has been studied for its role in supporting healthy blood flow in the legs and arteries, and research suggests it may help keep blood from becoming overly "sticky" by supporting normal fibrinogen levels — a protein involved in clotting. For people interested in niacin's cardiovascular benefits, inositol nicotinate is a well-regarded option.

Artichoke Leaf Extract — The artichoke plant has been valued for digestive and liver health for centuries, and modern research backs up a lot of that tradition. Artichoke leaf extract is rich in plant compounds like cynarin and luteolin that help support healthy cholesterol production in the liver and encourage normal bile acid flow — both important for keeping cholesterol in a healthy range. Studies also show it supports the health of artery walls and helps the body defend itself against oxidative stress. As a bonus, it's well known for easing occasional bloating, heartburn, and upper-digestive discomfort.

Resveratrol — Resveratrol is a polyphenol — a type of protective plant compound — found naturally in grapes, berries, and certain plant roots. It's best known for its powerful antioxidant properties, helping to neutralize free radicals that can damage cells over time. Research shows resveratrol supports the inner lining of blood vessels, helping arteries stay flexible and responsive. Clinical studies confirm it can improve markers of vascular health and reduce signs of oxidative stress and arterial inflammation. It works in part by supporting the body's own antioxidant defenses, making it a valuable partner for heart and artery wellness.

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