



NATURE'S SUNSHINE

Red Yeast Rice

Non-GMO

GOOD FOR

Cardiovascular system

Liver

Heart

SIZE **120 Capsules**

ITEM # **558**

SERVING **2**

SUPPLY **20–30 days**

DIRECTIONS FOR USE Take 2 capsules with a meal two to three times daily.

— How the Key Ingredients Work

Red Yeast Rice is a time-honored fermented food that brings together a rich blend of naturally occurring compounds working together to support your heart, your arteries, and your overall cardiovascular wellness. Think of it as nature's way of helping your body keep things balanced from the inside out.

Red Yeast Rice – Cholesterol Support — At the heart of this formula is red yeast rice itself, a fermented rice that naturally contains compounds shown in multiple clinical studies to help reduce LDL cholesterol levels by roughly 15–25%. That means real, meaningful support for keeping your numbers in a healthy range.

Red Yeast Rice – Arterial Wellness — Healthy arteries depend on keeping LDL cholesterol in check, and red yeast rice has been studied in clinical trials for its ability to slow the buildup of plaque along artery walls. Supporting clear, flexible arteries is one of the most important things you can do for long-term heart health.

Red Yeast Rice – Antioxidant Protection — Red yeast rice is naturally rich in protective pigments and plant compounds that help defend your cells against oxidative stress — the everyday wear and tear that can damage tissues over time. Studies show it can help lower levels of oxidized LDL, a particularly harmful form of cholesterol linked to artery damage.

Red Yeast Rice – Blood Pressure Balance — Research suggests red yeast rice may offer modest support for healthy blood pressure levels, particularly systolic pressure. A review of 21 clinical trials found meaningful benefits when red yeast rice was used alongside other supportive approaches, making it a helpful piece of an overall heart-wellness routine.

Red Yeast Rice – Blood Sugar Balance — Beyond cholesterol, red yeast rice has been studied for its role in supporting healthy blood sugar levels. Clinical research and reviews of multiple trials report that it may help support healthy fasting glucose and improve how the body responds to insulin, especially in people managing metabolic health concerns.

Red Yeast Rice – Metabolic Syndrome Support — Metabolic syndrome — a cluster of concerns including blood sugar, blood pressure, and cholesterol — is an area where red yeast rice has shown real promise. Studies note improvements across several of these markers together, suggesting this ingredient supports the body's overall metabolic balance rather than just one isolated factor.

Red Yeast Rice – Natural Monacolin Content — Red yeast rice naturally contains a family of compounds called monacolins, which are produced during the fermentation process. These naturally occurring substances are what give red yeast rice its well-documented ability to support healthy cholesterol levels, and they have been the subject of dozens of rigorous clinical studies worldwide.

Red Yeast Rice – Fermentation-Derived Sterols — The fermentation process that creates red yeast rice also produces naturally occurring plant sterols. These compounds are known to support healthy cholesterol balance by helping the body manage how much cholesterol is absorbed and processed, adding another layer of cardiovascular support to the formula.

 (888) 510-7196  service@caringsunshine.com

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