



ModuChol™

Nature's Harmony® ModuChol™ consists of plant sterol esters that have been clinically proven to help reduce harmful cholesterol levels. Consuming plant sterol esters as a regular part of a healthy diet, low in saturated fat and cholesterol, provides an option in helping to maintain cardiovascular health.

PRODUCT CODE: 665170

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To help lower LDL-cholesterol.	Vegetarian capsules.	Take 1 capsule twice daily (1.3 grams) with meals.

DESCRIPTION:

ModuChol™ is a natural alternative or addition to cholesterol-lowering medication. It is clinically proven to reduce cholesterol by up to 15% in as little as four weeks. ModuChol™ comes in vegetarian capsules filled with an odourless and non-repeating liquid formula.

Recommended Daily Allowance: 1.3 grams per day phytosterol esters.

Food Sources: All fruits and vegetable contain phytosterols; Canada's Food Guide to Healthy Eating recommends eating 5 to 10 servings of fruit and vegetables daily.

Causes of Deficiency: Inadequate consumption of foods with phytosterols.
(Food processing and poor soil will reduce levels of phytosterols in foods.)

Symptoms of Deficiency: Elevated levels of LDL cholesterol.

Complementary Nutrients: Niacin (a form of vitamin B3), antioxidants including vitamins C and E, aged garlic extract and soluble fibre all benefit cholesterol-lowering efforts.

HOW IT WORKS:

Since the 1950s, scientists have known that certain naturally occurring properties in plants, known as plant sterol esters, play an important role in lowering the harmful form of cholesterol (low-density lipoprotein, or LDL cholesterol). Plant sterol esters are healthy plant fats called phytosterols, naturally occurring in all fruits and vegetables. Similar in structure to cholesterol, these compounds block the cholesterol-absorption sites in the intestines.



DID YOU KNOW...

Eight million Canadians are at risk of developing heart disease.

ModuChol™

RESEARCH:

Numerous scientific studies, along with decades of use, show the benefits of plant sterol esters in lowering cholesterol levels. Taken daily, plant sterol esters have been shown to lower LDL cholesterol up to 15% in as little as four weeks. Research also shows that the sterol esters found in ModuChol™ lower cholesterol regardless of whether you eat a high-fat or low-fat diet. ModuChol™ can be taken along with cholesterol-lowering medications since some studies have demonstrated that the combination substantially improves results.

SIDE EFFECTS:

No adverse events have been reported from the use of plant sterols. ModuChol™ is safe and effective for daily use. There are no known interactions between the ingredients in ModuChol™ and any prescribed medication or dietary supplement.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant, breastfeeding or you have a condition called sitosterolemia. Consult a health care practitioner before use if you are taking other cholesterol-lowering agents.

Long-term high-dose supplementation with plant sterols may inhibit absorption of the provitamin beta carotene. This is easily counteracted by the increased intake of carotene-rich foods.

OTHER CONSIDERATIONS:

A low-fat diet should be maintained for best results. Although some individuals see results in as little as four weeks, supplement with plant sterols for an average of eight weeks before testing for results.

LABEL:

Natures Harmony

ModuChol
PHYTOSTÉROLS ESTÉRIFIÉS
650 mg

Les phytostérols aident à abaisser le cholestérol LDL
60 capsules végétales
NPN 80000245

Usage recommandé : Les phytostérols aident à abaisser le cholestérol LDL.
Dose recommandée (adultes) : Prendre 1 capsule deux fois par jour accompagnée d'un repas.
Ingédients médicinaux : Chaque capsule contient : Phytostérols estérifiés extraits d'huile de canola (*Brassica napus*)..... 650 mg
Ingédients non médicinaux : cellulose, eau purifiée.
Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, sulfites, blé, dérivés d'origine animale ni colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.

Recommended Use: Phytosterols help lower LDL-cholesterol.
Recommended Dose (Adults): Take 1 capsule twice daily with meals.
Medicinal Ingredients: Each capsule contains: Phytosterol esters from canola (*Brassica napus*) oil 650 mg
Non-medicinal Ingredients: Cellulose, purified water.
This product does not contain corn, dairy, egg, gluten, shellfish, sulfites, wheat, animal derivatives or artificial colours, flavours, or preservatives.
STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Natures Harmony

ModuChol
PHYTOSTEROL ESTERS
650 mg

Phytosterols Help Lower LDL-Cholesterol
60 Vegetable Capsules
NPN 80000245

Actual Size
Grandeur réelle
DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'ÉTIQUETTE INTÉRIEURE EST BRISÉE.
www.naturesharmony.com
1-877-928-2548

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Une compagnie canadienne
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