

# Cardiochol



food supplement

## Strong heart and normal level of cholesterol

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**Cardiochol™** is a food supplement containing a composition of plant ingredients and selected vitamins from the B group. Monacolin K\* from fermented red rice, as well as herbal sterols\*\*, help maintain normal blood cholesterol levels. Vitamin B1 supports the functioning of the heart, whereas vitamins B6, B12 and folic acid take part in maintaining the normal metabolism of homocysteine, found in blood serum.

\*beneficial effects occur after consuming 10 mg of monacolin K from fermented red rice;

\*\*beneficial effects occur after consuming at least 0.8 g of herbal sterols a day.

## Composition

Nutritional information	1 tablet	%NRV
Monacolin K	10 mg	
Fitosterols	150 mg	

Vitamin B1	1,1 mg	100%
VitaminB6	1,4 mg	100 %
Kwas foliowy	200 µg	100 %
VitaminB12	2,5 µg	100 %

\*NRV - nutrient reference value

**Ingredients:** fermented red rice, herbal sterols, microcrystalline cellulose - filling agent, magnesium stearate - anti-caking agent, pyridoxine hydrochloride - vitamin B6, thiamin hydrochloride - vitamin B1, pteroylmonoglutamic acid - folate, cobalamin - vitamin B12; gelatine, E171 (colour) - coating ingredients.

## Purpose

**Product intended for:** supplementing the diet of adults who take care of their heart and cardiovascular system, and who want to maintain normal blood cholesterol levels.

## Recommendation

**Recommended use:** 1 tablet a day, with a meal.

*Do not exceed the recommended daily dose.*

*Food supplements should not be used as a substitute for a varied and balanced diet.*

*A varied and balanced diet and a healthy lifestyle are recommended.*

Keep out of reach of children.