

## “B” Smart About Lowering Cholesterol

(NAPSA)—If you or someone you care about is among the one in six Americans the Centers for Disease Control and Prevention says is at risk for heart disease because of high blood cholesterol, you may be relieved to learn there are ways to reduce that risk.

Cholesterol is a waxy, fatlike substance your body needs. If it builds up on your arteries, however, it can lead to heart disease and stroke. To prevent or reduce high cholesterol:

- **Eat a Healthy Diet.** Avoid saturated fat, trans fats and dietary cholesterol. Other types of fats, such as monounsaturated and polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also helps.

- **Exercise Regularly.** The Surgeon General says adults should engage in moderate-intensity exercise for at least 30 minutes most days.

- **Don't Smoke.** Smoking injures blood vessels and speeds up the hardening of the arteries. Secondhand smoke also increases risk.

- **Treat High Cholesterol.** If you have high cholesterol, your doctor may prescribe medications such as statin drugs, bile acid sequestrants, fibrates and B vitamins.

As an alternative to prescription medications, a pure and highly absorbable form of Pantethine (an active form of vitamin B5) has been found to be very effective in lowering cholesterol. A triple-blind, placebo-controlled, randomized study showed that Pantestin, a nutritional supplement containing Pantethine, significantly increased HDL (good) cholesterol levels while lowering LDL (bad) cholesterol levels and helped to maintain both levels in



**Along with a form of vitamin B5, moderate to intensive exercise can help control cholesterol levels.**

a normal range even for people not on any other medication. Other studies have shown that each 1mg/dL reduction in LDL cholesterol lowers cardiovascular disease risk by 1 percent. What's more, the supplement had no significant adverse events compared to placebo and, unlike statins, doesn't lower CoQ10 levels.

“Pantestin works at the cellular level and helps maintain balanced cholesterol levels,” explained John Rumberger, Ph.D., M.D., FACC. He's professor of medicine and consultant in the Department of Cardiovascular Diseases at the Mayo Clinic, a founding member of the International Society of Atherosclerosis Imaging and a leading authority on cardiac and vascular imaging. “In addition, Pantestin helps maintain healthy blood lipid levels that are already within the normal range.”

The supplement is manufactured by Kyowa Hakko Bio Co., Ltd. and can be found in a variety of dietary supplements. For more information, including facts about heart health and where to find supplements containing Pantestin, visit [www.pantestin.com](http://www.pantestin.com), “like” it on Facebook at Pantestin—For Heart Health or follow it on Twitter at @PantestinHeart.