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SUPPORT

Supports healthy blood lipid levels that are already within normal range

PROTECT

Select botanicals with antioxidant and anti-inflammatory activity to protect blood vessel health

Why LipiCore?

Over 30% of deaths world-wide can be attributed to cardiovascular disease.¹ While there are many allopathic treatments designed to address cardiovascular dysfunction, none address the multi-factorial nature of the disease and many also provide undesirable side effects. The natural botanical ingredients in **LipiCore** were selected for their multi-faceted benefits on blood lipids and cardiovascular health. When combined with a healthy lifestyle, **LipiCore** can support the entire vascular system as well as encourage healthy blood lipid levels that are already within normal range.

Comprehensive Cardiovascular Support

Elevated blood lipids, including VLDL, LDL, and triglyceride particles are often viewed as a primary risk to heart health. Contrary to popular belief, however, cholesterol alone is not always a good indication of cardiovascular risk. In fact, a recent study of 137,000 Americans hospitalized for heart attack found that approximately 72% had LDL levels below 130 and 17.6% had LDL levels under 70.² These findings have led many cardiac experts to look more closely at cholesterol *in conjunction* with other risk factors to fully assess CVD risk. What are they concluding? That elevated blood lipids seen in conjunction with high levels of oxidative stress and inflammation may be the real risk when it comes to cardiovascular disease. The ingredients in **LipiCore** work to modulate blood lipid levels while simultaneously targeting the dangerous inflammatory and free radical activity that progresses cardiovascular damage.

Red Yeast Rice (*Monascus Purpureus*) – A traditional Chinese food that is obtained after red yeast (*Monascus purpureus*) is fermented on rice. Hundreds of studies have illustrated the benefits of red yeast rice on supporting healthy blood lipid levels already within normal ranges. Red yeast rice contains compounds known as monacolins which have been shown to influence the activity of *HMG-coA reductase*, an enzyme involved in cholesterol biosynthesis and the same mechanism of action as statin medications. Reviews of studies on red yeast rice have demonstrated benefits in the treatment of dyslipidemia, via the reduction of both LDL and triglycerides.³ Red yeast rice has also been shown to be effective against obesity-related inflammation and insulin insensitivity.⁴

Berberine HCl (*Berberis vulgaris*) – A quaternary ammonium salt, found in berberis, goldenseal (*Hydrastis canadensis*), and Chinese goldthread. Previously renowned for its anti-microbial benefits, berberine is



now gaining attention as a powerful blood lipid and blood sugar support agent. Studies on berberine show that it acts on blood lipids via a different mechanism of action than both red yeast rice and statins. Instead of interfering with cholesterol production, berberine has been shown to up-regulate expression of LDL-receptors (LDLR). Increased hepatic expression of LDLR leads to the increased clearance of circulating LDL particles via receptor-mediated endocytosis. In animal studies, treatment with berberine has been shown to significantly reduce LDL levels despite subjects being fed a high fat/cholesterol diet.⁵ In a study using berberine in conjunction with the statin medication simvastatin, the combination reduced LDLs by 46.2%. This was significantly more effective than results seen with SIMVA

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount per Serving	% DV†
Red yeast rice (<i>Monascus purpureus</i>)	600 mg†
Berberine HCl (<i>Berberis vulgaris</i>)	500 mg†
Phytosterol blend (Beta-sitosterol, Campestanol, Brassicasterol, Campesterol, Stigmasterol, other sterols)	200 mg
Pomegranate EXT (90% ellagic acid)	50 mg†
Coenzyme Q10	75 mg†
Green tea leaf EXT (98% Polyphenols, 80% Catechins, 45% EGCG) (<i>Camellia sinensis</i>)	75 mg†
Meriva (Curcuma phospholipid complex) (<i>Curcuma longa</i>)	50 mg

†Percent daily values (%DV) are based on a 2,000 calorie diet. ‡Percent daily values not established.

OTHER INGREDIENTS: Vegetable capsule (HPMC water), microcrystalline cellulose, magnesium stearate, silicon dioxide

Suggested Use: As a dietary supplement, take 1 capsule 3 times per day with meals for cardiovascular health.

Warnings: If pregnant or breastfeeding, have been diagnosed with liver disease, or currently taking other medications, consult with healthcare provider before use.



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(28.3%) or BBR (26.8%) monotherapy.⁶ In a small study of 50 hyperlipidemic patients, a combination of berberine and red yeast rice was shown to reduce LDL levels.

Plant Sterols – These unique substances are found in a variety of fruits and vegetables and are molecularly very similar to cholesterol. Because of their structural similarities, plant sterols have the ability to reduce the absorption of dietary cholesterol in the digestive tract by “getting in the way.” Increasing intake of plant stanols and sterols has been shown to reduce LDL levels by up to 10%.⁷ In a small clinical study of 18 patients with hyperlipidemia, a combination of red yeast rice and plant sterols was shown to reduce total cholesterol by 19% without participants making lifestyle or dietary changes.⁸

Pomegranate Extract – Both laboratory and clinical studies have demonstrated the extensive benefits of pomegranate in preventing the arterial changes associated with cardiovascular disease. In atherosclerotic individuals, LDL particles that have been oxidized are taken up by macrophages in the vascular system leading to the accumulation of atherosclerotic plaque. The polyphenols in pomegranate provide exceptional antioxidant activity which help protect LDL particles from oxidation.⁹ In mice models, subjects with advanced atherosclerotic damage experienced a 17% decrease in lesion size when supplemented with pomegranate.¹⁰

Coenzyme Q10 – This endogenous antioxidant is an essential component of the body’s energy-producing pathways. Clinical studies have shown CoQ10 supplementation as providing promising benefits in supporting healthy blood lipids and blood pressure and restoring heart health after myocardial infarctions. Many patients on cholesterol-lowering medications experience depleted CoQ10 levels making supplementation more necessary.

Meriva™ (Curcuma Phospholipid) (Curcuma longa) – The polyphenols in curcumin provide exceptional anti-inflammatory and antioxidant effects in the body. These benefits may help slow the progression of the atherosclerotic changes seen in cardiovascular dysfunction. Meriva™ provides a high-potency form of curcumin by encapsulating the ingredient in an advanced, phospholipid carrier system.

Companion Therapies

For best results, **LipiCore** can be combined with these therapies:

- **Vascuflow RxS** – Homeopathic for the support of blood lipids and blood vessel health
- **OmegaBreeze** or **OmegaFields** – Emulsified source of essential fatty acids
- **Liposomal Methyl B** – B vitamins in a liposomal delivery for the modulation of homocysteine levels
- **D3/K2 Liposomal** – Support for patients who have experienced arterial calcification

¹ World Health Organization <http://www.who.org>.

² Sachdeva, A. et al. Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines. *American heart journal* 157, 111-117 e112, doi:10.1016/j.ahj.2008.08.010 (2009).

³ Yang, C. W. & Mousa, S. A. The effect of red yeast rice (*Monascus purpureus*) in dyslipidemia and other disorders. *Complementary therapies in medicine* 20, 466-474, doi:10.1016/j.ctim.2012.07.004 (2012).

⁴ Fujimoto, M. et al. Study of the effects of monacolin K and other constituents of red yeast rice on obesity, insulin-resistance, hyperlipidemia, and nonalcoholic steatohepatitis using a mouse model of metabolic syndrome. *Evidence-based complementary and alternative medicine : eCAM* 2012, 892697, doi:10.1155/2012/892697 (2012).

⁵ Kong, W. et al. Berberine is a novel cholesterol-lowering drug working through a unique mechanism distinct from statins. *Nature medicine* 10, 1344-1351, doi:10.1038/nm1135 (2004).

⁶ Kong, W. J. et al. Combination of simvastatin with berberine improves the lipid-lowering efficacy. *Metabolism: clinical and experimental* 57, 1029-1037, doi:10.1016/j.metabol.2008.01.037 (2008).

⁷ Katan, M. B. et al. Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels. *Mayo Clinic proceedings. Mayo Clinic* 78, 965-978, doi:10.4065/78.8.965 (2003).

⁸ Feuerstein, J. S. & Björke, W. S. Powdered red yeast rice and plant stanols and sterols to lower cholesterol. *Journal of dietary supplements* 9, 110-115, doi:10.3109/19390211.2012.682645 (2012).

⁹ Aviram, M. & Rosenblat, M. Pomegranate Protection against Cardiovascular Diseases. *Evidence-based complementary and alternative medicine : eCAM* 2012, 382763, doi:10.1155/2012/382763 (2012).

¹⁰ Kaplan, M. et al. Pomegranate juice supplementation to atherosclerotic mice reduces macrophage lipid peroxidation, cellular cholesterol accumulation and development of atherosclerosis. *The Journal of nutrition* 131, 2082-2089 (2001).