

Natural alternative for lipid management with CoQ10

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RYR Synergy™ features 1200 mg organic red yeast rice along with 40 mg coenzyme Q10 per serving (two capsules).

How does red yeast rice work?

Red yeast rice is made from *Monascus purpureus* yeast containing several compounds collectively known as monacolins, substances that have been shown by clinical studies to modulate blood lipids. One of these, monacolin K, is a functional inhibitor of the HMG-CoA reductase enzyme responsible for the synthesis of cholesterol in the body. (Becker DJ et al. *Ann Intern Med.* 2009.)

Special features of our red yeast rice:

- 100% USDA certified organic
- Grown in the USA
- Substantial levels of naturally-occurring monacolin compounds, especially monacolin K
- Assayed to assure undetectable citrinin levels (<1 ppm)

Why the addition of CoQ10?

This product helps to reduce cholesterol synthesis by suppressing the HMG-CoA reductase enzyme, although more subtly than statin medications. Because coenzyme Q10 is synthesized in the body via this same pathway (see fig. 1), those taking red yeast rice long term should consider taking RYR Synergy™ with its added CoQ10.

Who should take RYR Synergy™?

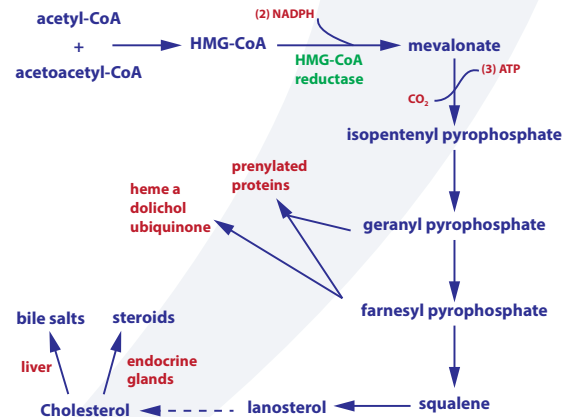
Those with:

- High cholesterol levels
- Family history of high cholesterol

Note: Our Q•Evail™ line, with highly bioavailable CoQ10 in doses ranging from 100 mg – 200 mg, is ideal for those wanting to supplement with higher levels of CoQ10 for additional health benefits.

Supplement Facts	
Serving Size 2 capsules	
Servings Per Container 60	
Amount Per Serving	% Daily Value
Organic Red Yeast Rice (<i>Monascus purpureus</i>)	1.2 g *
CoQ10 (Naturally fermented)	40 mg *
*Daily Value not established.	

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, β-cyclodextrin, vegetable stearate.



RYR Synergy™ may support:

- Modulation of blood lipids favorably and naturally
- Reduction of microbes known to play a role in cardiovascular disease
- Protection of the arterial lining helping to prevent atherosclerotic lesions that may lead to heart attack
- Reduction of inflammation and oxidative stress, both known to be associated with heart disease
- Favorable alteration of CRP, blood glucose, HDL and triacylglycerol (triglycerides)

How to Take

- As a dietary supplement, take two capsules per day in the evening, preferably right before bed, or as directed by a health care practitioner.
- Research concludes that most of our endogenous cholesterol is produced while sleeping, therefore, take at bedtime rather than early in the day. Start with two capsules at night and can increase to four per day as needed, under the guidance of a health care practitioner.
- This product is also ideal for those that have poor tolerance to statin drug therapy or high dose niacin.
- Caution: This product is not recommended for pregnant or lactating women. **May Contain Soy.**

References

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