

Effectiveness And Safety Of Cholesterol Lowering Dietary Supplements

High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. Statins, the most commonly prescribed drugs for lowering cholesterol, can be effective, but they can also have side effects such as muscle pain and liver damage.



Effectiveness and Safety of Cholesterol Lowering Dietary Supplements (Supplements Simplified)

by Lance Fontenot

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Dietary supplements are a popular alternative to statins, and many people believe that they are safer and more effective. However, the evidence on the effectiveness and safety of cholesterol lowering dietary supplements is mixed.

Let's take a closer look at the evidence to help you make an informed decision about whether or not to take cholesterol lowering dietary

supplements.

Effectiveness of Cholesterol Lowering Dietary Supplements

Some cholesterol lowering dietary supplements have been shown to be effective in lowering LDL (bad) cholesterol and raising HDL (good) cholesterol. These supplements include:

- Plant sterols and stanols
- Red yeast rice
- Niacin
- Policosanol
- Guggul

Plant sterols and stanols are compounds that are found in plants. They work by blocking the absorption of cholesterol in the intestines. Red yeast rice is a type of fermented rice that contains a compound called monacolin K, which is similar to the active ingredient in statins. Niacin is a B vitamin that can raise HDL cholesterol levels. Policosanol is a compound that is found in sugarcane wax. It has been shown to lower LDL cholesterol levels and raise HDL cholesterol levels. Guggul is a herb that has been used in Ayurvedic medicine for centuries. It has been shown to lower LDL cholesterol levels and raise HDL cholesterol levels.

The effectiveness of cholesterol lowering dietary supplements varies from person to person. Some people may experience a significant reduction in their cholesterol levels, while others may not see much of a change. It is

important to talk to your doctor before taking any cholesterol lowering dietary supplements to discuss whether or not they are right for you.

Safety of Cholesterol Lowering Dietary Supplements

Cholesterol lowering dietary supplements are generally considered to be safe for most people. However, there are some potential side effects that you should be aware of.

- Plant sterols and stanols can cause digestive problems such as gas and bloating.
- Red yeast rice can cause muscle pain and liver damage, especially if it is taken in high doses.
- Niacin can cause flushing, itching, and nausea.
- Policosanol can cause diarrhea and stomach upset.
- Guggul can cause stomach upset and diarrhea.

It is important to talk to your doctor before taking any cholesterol lowering dietary supplements to discuss the potential risks and benefits.

How to Choose the Best Cholesterol Lowering Dietary Supplement

If you are considering taking a cholesterol lowering dietary supplement, it is important to choose one that is safe and effective. Here are some tips for choosing the best cholesterol lowering dietary supplement:

- Talk to your doctor. Your doctor can help you choose a cholesterol lowering dietary supplement that is right for you and can monitor your progress.

- Choose a supplement that has been shown to be effective in clinical studies.
- Choose a supplement that is made by a reputable manufacturer.
- Follow the instructions for use on the product label.
- Do not take more than the recommended dosage.

Cholesterol lowering dietary supplements can be an effective and safe way to lower cholesterol levels. However, it is important to talk to your doctor before taking any cholesterol lowering dietary supplements to discuss whether or not they are right for you.



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