



# Diabecinn<sup>TM</sup> Cholesterol

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## ■ Diabetes and Cholesterol

Adults with Type 2 Diabetes are more prone to have high cholesterol and triglyceride levels, and are 2 to 4 times more likely to develop heart disease. This is why it is advised that Diabetics have their cholesterol levels tested and that they maintain it at a healthy level.



Cholesterol is a waxy, fatty substance (lipid) that is carried in the bloodstream and plays an essential role in the tissues and cells of the body. The body uses cholesterol to build cell membranes, to manufacture certain hormones and vitamin D and to produce bile that helps to digest food. Cholesterol is transported through the bloodstream as lipoproteins, e.g. LDL and HDL.

## ■ Reducing cholesterol levels

Clearly, cholesterol plays an important role in a healthy body, but too much of certain types can be damaging. Have a full lipid-profile test to determine whether you fall within the recommended ranges, and adjust your lifestyle according to your results. In general, if you need to lower your cholesterol levels:

- 1) Follow a cholesterol-lowering diet (please consult a dietician)
- 2) Maintain a healthy weight
- 3) Exercise regularly

If this is not sufficient, supplementation or medication may also be needed

## ■ Why use Diabecinn™ Cholesterol?

Diabecinn™ Cholesterol may help reduce blood sugar and cholesterol levels in Type 2 Diabetics.

Diabecinn™ Cholesterol is a food supplement that contains the same powerful water-based cinnamon extract (ZN112), as found in

Diabecinn™ Original, **PLUS** red yeast rice extract which may further assist in lowering stubbornly raised total cholesterol, LDL cholesterol and triglyceride levels, and may increase HDL (good) cholesterol.

### ■ How does Diabecinn™ Cholesterol Work?

Cinnamon Extract (ZN112) helps reduce cholesterol levels by improving the action of insulin (which is needed to break down triglycerides) and via its powerful antioxidant effect.

Cinnamon extract helps improve blood sugar levels by reducing insulin resistance, improving glucose absorption, and improving glucose metabolism inside the cells.

Red Yeast Rice Extract has special polyketides called monacolins that help to slow down the production of cholesterol by the liver. It does this by reducing the activity of the liver enzyme HMG-CoA reductase, which is involved in the synthesis of cholesterol.

It also contains unsaturated fatty acids which are known to have cholesterol lowering effects and plant sterols that help reduce cholesterol absorption from the intestines.

Red yeast rice also contains fibre, trace elements such as magnesium and B-complex vitamins such as niacin, all of which are important for proper lipid control.

The two ingredients (cinnamon extract and red yeast rice extract) complement each other by working in different ways to address raised cholesterol.

Diabecinn™ Cholesterol Contents	Per Capsule	Per 3 Capsules
Water-based cinnamon extract (ZN112)	112mg	336mg
Red Yeast Rice Extract 0.4%	400mg	1200mg

### ■ When to use Diabecinn™ Cholesterol

Some Type 2 Diabetics or Pre-diabetics may find that while Diabecinn™ Original is sufficiently helpful to manage his/her blood sugar levels, their cholesterol levels still remain stubbornly raised. In this case you may want to try Diabecinn™ Cholesterol.

As a new user, if you are diabetic and have particularly problematic cholesterol levels, you may wish to start off using Diabecinn Cholesterol™.

### ■ How to use Diabecinn™ Cholesterol

Adults over 20 years of age with type 2 diabetes: 1 tablet three (3) times per day with food.

To be used together with proper blood sugar- and cholesterol-lowering diets, where cholesterol levels remain stubbornly raised.

▶ If you are taking other chronic medication please check with your pharmacist or doctor.

■ **Do not use if:**

- you are hypersensitive to any of the ingredients or to peruvian balsam,
- you have liver disease, persistent raised liver enzymes or kidney disease,
- you are pregnant or breast-feeding,
- you are under 20 years of age.

■ **Final Notes:**

- \* Diabecinn™ Cholesterol is suitable for vegetarians.
- \* Consult your doctor before making adjustments to any prescribed medication.
- \* For selected research articles, please refer to the “Scientific Studies” section.

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