

ORGANIC RYR™



Natural Alternative for Lipid Management

Red yeast rice, derived from *Monascus purpureus*, contains 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 potent inhibitor of the HMG-CoA reductase enzyme.

Special features of Organic RYR:

- 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)

Organic RYR may support:

- Modulation of blood lipids favorably and naturally
- Reduction of microbes known to play a role in cardiovascular disease
- Protection of arterial lining to prevent atherosclerotic lesions that 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)

This product is ideal for patients that have poor tolerance to statin drug therapy or high dose niacin.

Who should take Organic RYR?

Patients who:

- Experience side effects, such as muscle pain, from statin (cholesterol-lowering) drugs.
- Want to try an alternative way to lower cholesterol before using statin drugs.
- Have Metabolic Syndrome
- Encounter flushing or other negative effects from taking the B vitamin niacin as a means to improve their lipid levels.
- Seek a lower priced alternative to Designs for Health's Lipotrienols RYR which is a more comprehensive product for preventing and reversing heart disease.
- Have a strong family history of heart disease.

This product is **not recommended** for pregnant or lactating women.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 90

Amount Per Serving		% Daily Value
Organic Red Yeast Rice	1200 mg	*
<i>(Monascus purpureus)</i>		

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, magnesium stearate.



How are best results achieved with Organic RYR™?

This product works on reducing cholesterol synthesis by suppressing the HMG CoA reductase enzyme. Research concludes that we make most of our endogenous cholesterol while sleeping, therefore, take at bedtime rather than early in the day. Start with 2 capsules per day and increase to 4 per day if needed. Consider giving this product with coenzyme Q10 since CoQ10 production may be altered as both cholesterol and CoQ10 are synthesized in this same pathway.

How do we know red yeast rice is evidence based?

A study entitled, *Red yeast rice for dyslipidemia in statin-intolerant patients: a randomized trial*, published in the June 16, 2009 issue of the Annals of Internal Medicine, showed that red yeast rice may provide an option for supporting normal blood lipid levels for those patients who cannot tolerate statins due to muscle pain.¹

Links for this study

<http://www.annals.org/rct/pdf/0000605-200906160-00006.pdf>

...and, an ABC News video on the same topic

<http://abcnews.go.com/WNT/MedicineCuttingEdge/story?id=7846751&page=1>

Additional studies include:

Bianchi A. **Extracts of Monascus purpureus beyond statins--profile of efficacy and safety of the use of extracts of Monascus purpureus.** *Chin J Integr Med.* 2005 Dec;11(4):309-13.

<http://www.ncbi.nlm.nih.gov/pubmed/16417786>

Wang TH, Lin TF. **Monascus rice products.** *Adv Food Nutr Res.* 2007;53:123-59.

<http://www.ncbi.nlm.nih.gov/pubmed/17900498>

“Other attractive applications for MRPs (Monascus Rice Products) are likely, as supported by recent studies that indicate that MRPs contain other substances (flavonoids, polyunsaturated fats, phytosterols, pyrrolinic compounds, and others) with a wide variety of biological activities and pharmacological potentials. Their effects in lowering blood sugar and triacylglycerol while raising HDL-C are more pronounced than those of monacolin K alone. Beyond cholesterol lowering, MRP may also be an ideal candidate for the treatment of metabolic syndrome.”

References

1. Becker DJ, Gordon RY, Halbert SC, et al. Red yeast rice for dyslipidemia in statin-intolerant patients: a randomized trial. *Ann Intern Med.* 2009 Jun 16;150(12):830-9, W147-9.