



# Taking Control of Your Cholesterol with ProPectin®

**Your body actually needs cholesterol, which is a waxy, fat-like substance, but too much cholesterol causes problems.**

Even children can develop high cholesterol. Cholesterol is attached to proteins and carried through your blood. This combination of cholesterol and proteins is called a lipoprotein.

**High levels of total cholesterol and low levels of HDL cholesterol are risk factors for coronary heart disease.**

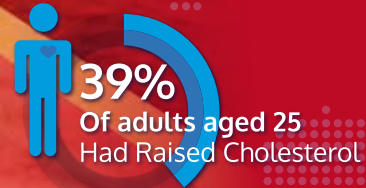




**World Health  
Organization**

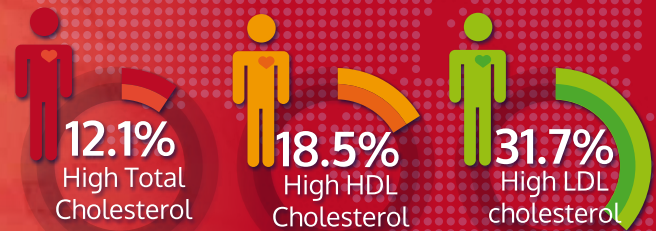
Unhealthy cholesterol levels appear to affect every demographic in every part of the world.

**Worldwide (2008)**



**United States (2011 - 2014)**

Centers for Disease Control and Prevention



## **HDL** Cholesterol The "Good"

- ✓ HDL cholesterol absorbs cholesterol and carries it back to the liver where it is then flushed from the body.
- ✓ At high levels can reduce the risk of heart disease and stroke.

**VS**

## **LDL** Cholesterol The "Bad"

- ✓ Transports cholesterol particles throughout the body.
- ✓ At high levels can lead to plaque buildup in the arteries and result in heart disease and stroke .



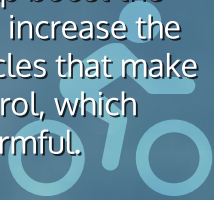
# Risks Factors

There are several factors that can contribute to unhealthy cholesterol levels.

Diabetes (high blood sugar) can contribute to higher LDL cholesterol and lower HDL cholesterol as well as damage the lining of your arteries.

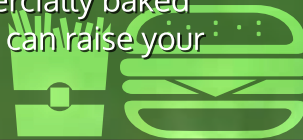
## Lack of exercise

Exercise can help boost the body's HDL and increase the size of the particles that make up LDL cholesterol, which makes it less harmful.



## A diet high in saturated fat

found in animal products, and trans fats (often found in commercially baked cookies and crackers), can raise your cholesterol level.



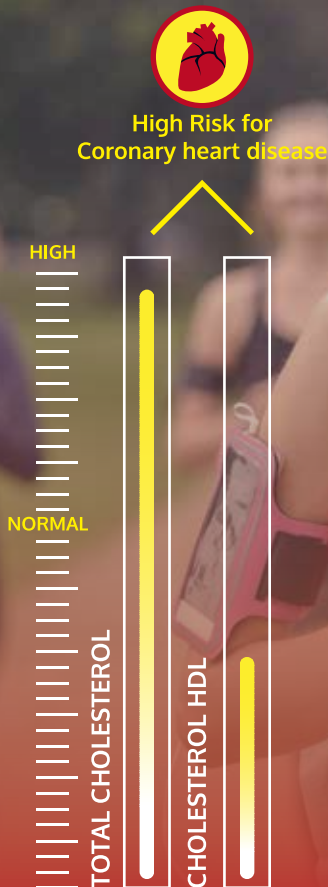
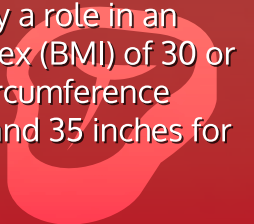
## Smoking

It damages the walls of your blood vessels which makes them more likely to accumulate fatty deposits and may also damage the level of HDL cholesterol.



## Foods that are high in cholesterol

Such as red meat and full-fat dairy products, may also play a role in an increase in total cholesterol. Those with a body mass index (BMI) of 30 or greater are at risk of high cholesterol, and a large waist circumference increases your risk as well – at least 40 inches for a man and 35 inches for a woman.



# How Pectin Reduces Cholesterol Levels

"During the digestive process, pectin goes through the small intestine basically intact but is acted upon by the microbial growth of the large intestine. Pectin acts as a soluble dietary fiber, which reduce blood cholesterol levels when it is consumed."

Researchers Pranati Srivastavia - Rishabha Malviya



The mechanism is an increase of viscosity in the intestinal tract, leading to a reduced absorption of cholesterol from bile to food.



In the large intestine and colon, microorganisms degrade pectin and liberate short-chain fatty acids that have a favorable influence on the health (known as prebiotic effects)

# ProPectin® Can Help to Maintain Healthy Cholesterol Levels

Healthcare experts agree that a healthy diet and exercise are important when it comes to supporting healthy cholesterol levels, especially LDL levels. WebMD recommends eating foods that are low in saturated fat and dietary cholesterol and adding fiber and plant sterols to your diet.

“Epidemiological studies suggest that a diet high in water-soluble fiber is inversely associated with the risk of cardiovascular disease.”

Theuwissen E. Mensink, RP,

Other research has also indicated that apple pectin can lower total and LDL cholesterol levels, with studies showing the importance of increasing the intake of water-soluble dietary fibers to lower serum LDL.

Theuwissen E. Mensink, RP, states that well-controlled intervention studies have shown that four major water-soluble fiber types – beta-glucan, psyllium, pectin and guar gum – effectively lower serum LDL cholesterol concentrations without affecting HDL cholesterol or triacylglycerol concentrations.



## Clinical Pilot Study (2005)



Volunteers with different cholesterol levels

Were given **9** grams of ProPectin® by **175** Days

## The result...

“In people with disorders in the lipid balance, ProPectin leads to a reduction in overall cholesterol as well as LDL, and it restores the lipid balance”



# Research Demonstrates Apple Pectin's Effectiveness

"Pectin supplementation caused significant decreases in total cholesterol, low-density lipoprotein cholesterol, apolipoprotein A and B and lipoprotein."

"Water-soluble dietary fiber pectin decreases the concentration of serum cholesterol levels."

Department of Paramedical Sciences  
Technikon Free State, Bloemfontein, South Africa

In 2010, the European Food Safety Authority (EFSA) approved the health claim that  
**"Consumption of pectins contributes to the maintenance of normal blood cholesterol levels"**

**More studies with a wide variety of subjects and experimental conditions show that pectin significantly reduces blood cholesterol.**

Pectin combined with cholestyramine augmented the reduction of cholesterol by 20%, compared to cholestyramine alone.

**Pectin has also been studied to determine its ability to lower the risk of cardiovascular disease.** The Los Angeles Atherosclerosis Study measured the intima-media thickness (IMT) of the common carotid arteries to estimate the relations between the progression of atherosclerosis and the intake of selective dietary fiber fractions.

Researchers determined that :

**"An intake of viscous fiber, especially pectin, appears to protect against IMT progression"**



Adietary intake of apples seems likely to reduce plasma total and LDL cholesterol, which could lead to a decreased risk of cardiovascular disease. "On average, a daily intake of approximately three apples resulted in a decrease in total cholesterol of 5 – 8%"

Researchers Eva N. Jensen, Tine Buch-Andersen, Gitte Ravn-Haren and Lars O. Dragsted

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"Pectin is a safe product for weight loss and lowering cholesterol. There are few, if any, reasons to avoid it, and many good reasons to try it."

Sarah Spagnuolo, MD and Mike Roizen, MD, in their article, "Pectin Pro Con," featured on the [www.clevelandclinicwellness.com](http://www.clevelandclinicwellness.com).

## The long-term effect that apple consumption might have on cardiovascular health

Department of Nutrition, Food and Exercise Sciences at Florida State University (Tallahassee, Florida)



Women who ate dried apples every day for a year

**Lowered 14%** of Total Cholesterol | **23%** of LDL Cholesterol

The researchers also theorized that the nutrients in apples may reduce inflammation in the body. In addition to lowering their cholesterol, the women lost an average of 3.3 pounds

“Daily apple consumption also significantly lowered levels of C-reactive protein and lipid hydroperoxide, two substances that may indicate an increased risk of heart disease.”

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# The ProPectin® Difference

ProPectin® is one of the best apple pectin products on the market.

It is made up of pharmaceutical-grade apple pectin extracted from limited and select apples acquired from a specific region in Poland – a source that offers a correct balance between macronutrients and micronutrients in the farm soil that is essential for obtaining the best apple crop results.

ProPectin's medical advisory board, scientists and R & D team methodically and extensively searched the globe for the highest quality and purity apple source that would provide extraordinary bioavailability and efficacy, and found this source in Poland.

✓ ProPectin® uses only the purest ingredients and conducts assays to confirm the raw materials' purity, quality and efficacy.

✓ It is manufactured in micro batches in order to provide a highly effective formula with ingredients in their most potent state, minus all unnatural, harmful compounds.

**250Kg**  
of Apples  
=  
**1 Kilo**  
of ProPectin®

**4.5 x**  
Times more effective  
than any other pectin  
product on the  
market.

Consuming



=

Per Day

You'll receive

**9** grams  
of Fiber

In the form of pharmaceutical-grade  
apple pectin that can help support  
healthy cholesterol levels



**ORDER YOUR SUPPLY NOW**

[www.propectin.com](http://www.propectin.com)