

## Colestia Evo 30 Vegetable Capsules

EAN: 8425652530187 FABRICANTE: NOVADIET



*Fermented rice with red yeast, Berberis aristata, Artichoke, Coenzyme Q 10, Policosanol from sugar cane. Helps maintain normal cholesterol levels.*

### DESCRIPTION

#### What is Colestia Evo and what is it for?

Colestia Evo is a food supplement that is used to maintain normal cholesterol levels.

High blood cholesterol is primarily responsible for arteriosclerosis, which in turn is the most significant risk factor for cardiovascular disease. Therefore, people with hypercholesterolemia strive to lower elevated cholesterol levels as their main goal. Taking care of all cardiovascular risk factors and keeping the heart and arteries healthy contributes to improving the quality of life.

To keep cholesterol levels within a normal range and reduce cardiovascular risk, experts recommend adopting dietary measures. These include making use of virgin olive oil as the main source of fat, increasing the consumption of plant-based foods, and avoiding the consumption of processed meats. In addition, it is crucial to avoid being overweight and obese, not smoking, limiting alcohol consumption, reducing salt and sugar intake, leading an active lifestyle, and minimizing stress.

#### What are the ingredients of Colestia Evo?

- Berberis aristata (ES, titrated to 98% in berberine)
- Artichoke (ES, titrated to 5% chlorogenic acid),
- Red yeast (*Monascus purpureus*) fermented rice (ES, titrated to 3% monacolin K),
- Anti-caking agents (dibasic calcium phosphate, microcrystalline cellulose, magnesium stearate)
- Policosanol from sugar cane (titrated to 60% in octacosanol)
- coenzyme Q10
- Cover: Water, Hydroxypropylmethylcellulose.

#### What are the active ingredients of Colestia Evo?

For 1 capsule:



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- Fermented rice with red yeast ES: 77.7 mg
- Contribution of total Monacolines: 2.99 mg
- Berberis aristata ES: 235mg
- Berberine contribution: 230 mg
- Artichoke ES: 80 mg
- Contribution of chlorogenic acid: 4 mg
- Coenzyme Q10: 10mg
- Policosanol from sugar cane: 10 mg
- Octacosanol intake: 6 mg

### What is the recommended daily dose of Colestia Evo?

You should take one capsule in the evening with dinner or at bedtime with a glass of water.

### Should I take into account any precautions with Colestia Evo?

- Do not take this food supplement if you are allergic or intolerant to any of its ingredients.
- Do not take this supplement together with grapefruit juice.
- If you are being treated with anticoagulants or antiaggregants, you should consult a health professional.
- The daily amount of 3 mg of monacolins from red yeast fermented rice or more should not be consumed.
- It should not be consumed by pregnant or lactating women, children and adolescents under 18 years of age, or adults over 70 years of age.
- If you experience any health problems, consult your doctor about the consumption of this product.
- It should not be taken together with cholesterol-lowering medication.
- It should not be consumed if other products containing red yeast fermented rice are already consumed.

