

ATERODINOL®



INGREDIENTS: 1 capsule contains: *active ingredients:*

bergamot extract (Citrus bergamia) – 250 mg,

red yeast rice extract 100 mg, equivalent to 3 mg of monacolin K,

5-methyltetrahydrofolate 0.2 mg;

excipients: fillers: microcrystalline cellulose, maltodextrin, calcium stearate, calcium carbonate, silicon dioxide (orisil); *capsule shell:* gelatin.

RECOMMENDATIONS FOR USE: ATERODINOL® is recommended as an additional source of biologically active substances of plant origin and folate. It promotes normalization of lipid metabolism, better control of cholesterol levels, low and very low density lipoproteins, and triglycerides at their elevated plasma concentrations. ATERODINOL® counteracts oxidative stress and microinflammation, which results in an improvement in the functional state of the vascular endothelium and inhibition of the formation of atherosclerotic plaques in vessels. ATERODINOL® is a source of an active form of folic acid, which contributes to a decrease in blood homocysteine levels and, as a result, to a reduction in the risk of developing cardiovascular diseases.

HOW TO USE: adults should take 1-2 capsules a day after or during meals, while washing down with enough drinking water.

RECOMMENDED INTAKE COURSE: 1-3 months. If necessary, the intake course can be adjusted by a physician.

Consult your physician before use.

Do not exceed the specified recommended amount for daily intake.

Do not use it as a substitute for a complete diet.

During the use of ATERODINOL®, you should follow a low-calorie diet with a restriction on the consumption of fats of animal origin.

CONTRAINDICATIONS: pregnancy, lactation period, paediatric use, individual intolerance to components. Concomitant administration with hypocholesterolemic drugs and drugs containing folic acid should only take place under the supervision and by recommendation of a physician.

DOSAGE FORM: capsules with a content of 400 mg ± 7.5%.

STORAGE CONDITIONS: Store in the original packaging in a dry place, protected from sunlight and out of reach of children, at a temperature from 4 °C to 25 °C.

DATE OF MANUFACTURE: the date of manufacture is indicated on the package.

SHELF LIFE: 24 months from the date of manufacture.

PRODUCTION BATCH NUMBER: indicated on the package.

ADDITIONAL INFORMATION

ATERODINOL® contains a scientifically based combination of substances of natural origin for the normalization of the lipid profile, by improving the general biomarkers of hyperlipidemia, by reducing cholesterol, LDL (low-density lipoproteins), VLDL (very low-density lipoproteins), triglycerides, and increasing HDL (high-density lipoproteins) in the blood. High cholesterol is an important risk factor for coronary heart disease and stroke, so correcting for elevated cholesterol is effective in reducing cardiovascular risk. The use of **ATERODINOL®** may be recommended in case of intolerance to drugs such as statins.

Red yeast rice extract (*Oryza sativa* fermented by *Monascus purpureus*) is obtained by fermenting rice with a special microscopic *Monascus purpureus* species of fungi. During fermentation, rice becomes red, and physiologically active substances such as monacolins are formed. The most studied is monacolin K, which is structurally similar to lovastatin, which explains its ability to reduce cholesterol by inhibiting 3-hydroxy-3-methyl-glutaryl-coenzyme A-reductase (HMG-CoA-reductase), the main enzyme responsible for the synthesis of cholesterol in the liver. Numerous scientific studies have shown that red yeast rice is able to reduce cholesterol levels by 15-25%, and its tolerance is significantly better than that of statins.

Bergamot extract (*Citrus bergamia*) is obtained from the fruit of an endemic plant growing in southern Italy and containing specific flavonoids such as neoeriocitrin, neohesperidin, naringin, rutin, neodesmin, roifolin, and ponzirin. Recent studies have shown that the flavonoid fraction of bergamot is able to reduce serum lipids, even improving the course of atherosclerosis by modulating enzymatic activity, antioxidant and anti-inflammatory mechanisms, inhibition of monocyte activation and proliferation. A number of studies have shown the ability of bergamot extract to reduce cholesterol levels by 12-31% with a very high safety profile.

5-methyltetrahydrofolate is a biologically active form of folic acid (vitamin B9), which is an important nutrient and is mainly contained in green leaves and vegetables. Folic acid is easily destroyed in the preparation and processing of food; its level in the body is affected by many factors. 5-methyltetrahydrofolate does not require additional enzymatic transformations in the body. Epidemiological studies show that lower serum homocysteine levels are associated with lower rates of cardiovascular disease. Numerous randomized controlled trials have studied the efficacy of reducing homocysteine levels with folic acid supplements and the active metabolite 5-methyltetrahydrofolate for the risk of cardiovascular disease. The active form of folic acid restores endothelial function and contributes to reducing the overall risks of cardiovascular diseases.

For more information, please
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