

Sytrinol® as a Natural Solution for Supporting Blood Lipids

According to the National Cholesterol Education Program, high blood cholesterol affects over 65 million Americans. However, not all solutions are perceived as being equally viable. Cholesterol-lowering regimes can come with a variety of unwanted side effects that are troubling to both patients and their doctors. Indeed, therapy with statins is notorious for compromised patient compliance. Therefore, finding safe, yet effective solutions to supporting cholesterol already within a normal range remains a high priority. Sytrinol® may be one of those solutions.

Sytrinol® is a patented formula derived from citrus (primarily orange and tangerine) and palm oil providing polymethoxylated flavones (PMFs) and tocotrienols. Three primary mechanisms of action have been proposed based upon the components of Sytrinol®. First, there is a decrease in apoprotein B, a structural protein needed for endogenous synthesis of LDL cholesterol. Both PMFs and tocotrienols are active in this regard. Second, the PMFs tangeritin and nobiletin are thought to decrease liver diacylglycerol acetyl transferase, an action that results in less synthesis of triglycerides. Third, PMFs inhibit early stages of inflammation by reducing the release of inflammatory cytokines. Tocotrienols, furthermore, may inhibit monocyte adhesion to the vascular endothelium and influence total and LDL cholesterol levels by a post-transcriptional mechanism that regulates the rate of degradation of the HMG-CoA reductase enzyme.

In a hamster model, tests were run comparing citrus polymethoxylated flavones, primarily tangeritin and nobiletin, with the citrus flavanone glucoside combination of hesperidin and naringin. At one percent of the diet, the PMFs reduced serum total cholesterol 19 – 27 percent and LDL cholesterol by 32 –

40% without affecting HDL levels. The combination of hesperidin and naringin achieved similar results only at 3 percent of diet. Hence, the PMFs appear to be approximately three times as active as the related flavanone glucosides.

Clinical work confirms the animal model findings with Sytrinol®. Two open-label studies and one double-blinded study are described in the literature. The subjects consisted of three groups (n=10, n=10, n=120) of hypercholesterolemic men and women (cholesterol levels >230 mg/dL) between the ages of 19 and 65 years. Participants were asked to consume a combination of PMFs (270 mg/d) and tocotrienols (30 mg/d) (S) or a placebo (P) daily (150 mg BID) for a period of 4 weeks (group 1 [G1] and group 2[G2]) or 12 weeks in group 3 [G3]. Groups 1 and 2 were open-label participants. Blood samples (30 mL) were obtained from a forearm vein at baseline (all groups), week 4 (all groups), week 8 (group 3), and week 12 (group 3) after fasting. Total and HDL cholesterol and triglycerides were measured in whole plasma using enzymatic timed-endpoint methods. The concentration of LDL cholesterol was calculated including plasma concentrations of apolipoprotein B and apolipoprotein A1.

After 4 weeks of open-label treatment with the supplement combination, group 1 and group 2 exhibited significant support in the lipid parameters tested. HDL levels were unchanged. After 12 weeks of double-blind, placebo-controlled treatment, group 3 compared to placebo exhibited significant support in the areas tested and likewise in the LDL:HDL ratio.

The level of maximum tolerated dose for Sytrinol® according to animal data is 1 percent of diet. This level of intake is many times that of the recommended dosage and thus safety does not pose an issue. No drug interactions have been shown for Sytrinol®.

In short, Sytrinol® provides a clinically-tested alternative for cholesterol management. Trials have demonstrated significant support for reductions in total cholesterol, LDL and triglyceride levels concomitant with an improved LDL:HDL ratio within the normal range. These benefits were exhibited without any serious side effects being reported, a fact that makes Sytrinol® a realistic choice especially for those who display intolerance to other approaches to maintaining healthful cholesterol levels.

References available upon request through your sales representative.

See www.protocolforlife.com for more products



CodeP3507

Size
60 Vcaps®

Testing and Standards of Red Yeast Rice

By Michael Lelah, PhD, Technical Director

Our Protocol For Life Balance® line offers three different Red Yeast Rice products to choose from – a pure extract **P3500**, a combination that includes CoQ10, Milk Thistle, and Alpha Lipoic Acid **P3321**, and a Triplex softgel with CoQ10 and Omega-3 **P1675**. Although Red Yeast Rice is a traditional formulation native to China, ours is made in the U.S.A. and is Certified Organic.

Red Yeast Rice is produced using a natural process in which partially-cooked rice is fermented with yeast (*Monascus purpureus*) under hygienic conditions until the namesake pink color develops. I have personally audited the domestic facility where our Red Yeast Rice is fermented and was pleased to find a modern, state-of-the-art facility where cleanliness and hygienic conditions are a top priority.

As with all Protocol products, our Red Yeast Rice is thoroughly tested when it arrives at our facility. Our extensive in-house testing program is supported by ultra-modern physical, analytical and microbiological laboratories and knowledgeable, professional staff. Our Red Yeast Rice

is tested using HPLC (High Performance Liquid Chromatography) to ensure the correct development of the extract and to verify potency.

In addition to testing for various processing parameters, such as particle size and density, we also perform separate tests for possible contamination, which are very important for a product such as Red Yeast Rice. Two key tests are a microbiological evaluation to detect the presence of bacteria, pathogens, yeasts, and molds, and a specific test to detect the presence of citrinin, a possible toxic by-product of the fermentation process. When Red Yeast Rice is correctly fermented citrinin is absent, but every lot is tested and we reject any that contain even minute amounts of citrinin.

In ancient times Red Yeast Rice was fermented at home with no tests other than color and taste to gauge success. Today Red Yeast Rice is produced in modern, hygienic facilities under strict specifications for safety and potency, and we use additional modern methods of analysis to ensure that every lot of Protocol For Life Balance® Red Yeast Rice meets these specifications. The modern answer to the traditional product!

Red Yeast Rice Extract



Red Yeast Rice is a unique natural compound that is native to China, where it has been used in Asian traditional medical systems for approximately 1,200 years. Produced through a process of fermenting red yeast (*Monascus purpureus*) with white rice. Protocol For Life Balance™ Red Yeast Rice Extract is carefully produced to avoid the presence of citrinin, a sometimes toxic by-product of the fermentation process. Today, Red Yeast Rice remains one of the most thoroughly-researched and widely-prescribed natural compounds among physicians and medical professionals.

Code Size
P3500 90 Vcaps®

Supplement Facts

Serving Size: 2 Vcaps®
Servings Per Container: 30

	Amount Per Serving
Organic Red Yeast Rice (<i>Monascus purpureus</i>)	1.2 g (1200 mg)*

Red Yeast Rice and CoQ10



Nearly half a century of advanced scientific research, including numerous randomized clinical trials, have demonstrated the diverse beneficial effects associated with CoQ10. In addition to its undeniable role in cardiovascular support, CoQ10 has been used successfully in promoting healthy immune system function, inflammatory response, metabolic activity, as well as oral hygiene and epidermal integrity.

Protocol for Life Balance™ Red Yeast Rice and CoQ10 is an innovative formula enhanced with standardized Milk Thistle Extract for healthy liver function, as well as Alpha-Lipoic Acid to enhance its oxidation and superoxide management.*

Code Size
P3321 90 Vcaps®

Supplement Facts

Serving Size 2 Vcaps®
Servings Per Container 45

	Amount Per Serving
Red Yeast Rice (<i>Monascus purpureus</i>) (Concentrated (10:1) Powder)	1.2 g (1,200 mg)
Milk Thistle (<i>Silybum marianum</i>) Standardized Extract (min. 80% Silymarin)	210 mg
Alpha-Lipoic Acid	100 mg
CoQ10 (Coenzyme Q10) (as Ubiquinone)	60 mg

Code	Products	Size	Code	Products	Size
P0105	5-HTP 100 mg	90 Vcaps®	P2120	MSM 1,000 mg	180 Caps
P0108	5-HTP 200 mg + Tyrosine	60 Vcaps®	P0085	NAC N-acetyl cysteine 600 mg + Antioxidants	100 Caps
P1811	A - Biotic™ Enteric Coated, Potent	60 Gels	P3140	Nattokinase 100 mg/2000 FU units	60 Vcaps®
P0076	Acetyl-L-Carnitine 500	100 Vcaps®	P3301	Ocu Support™ Clinical Strength	90 Caps
P3344	Adrenal Cortisol Support™	90 Vcaps®	P1659	Omega-3 Lemon Liquid /Molecularly Distilled	7 oz
P3032	AHCC® 500 mg	60 Vcaps®	P1656	Omega-3/Enter 180/120 /Molecularly Distilled	90 Gels
P3282	Aller-All™ Seasonal Support	60 Tabs	P1657	Omega-3/Enter 180/120 /Molecularly Distilled	180 Gels
P3036	Aloe Vera 5,000	100 Gel	P1661	Ultra Omega-3 500/250/Molecularly Distilled	90 Gels
P3042	Alpha Lipoic Acid 250 mg	90 Vcaps®	P3281	Ortho Detox™	90 Caps
P3046	Alpha Lipoic Acid 600 mg Plus	60 Vcaps®	P2912	Ortho Dophilus™ 8 Strains, 4 Billion	60 Vcaps®
P0030	L-Arginine NEW!	180 Vcaps®	P0950	Ortho-E™ NON-GE	60 Gels
P2958	BioCore® Enhanced Enzymes	90 Vcaps®	P3788	Ortho Multi™ Greens NEW!	180 Vcaps®
P0471	Biotin 5000 mcg	90 Vcaps®	P3772	Ortho Multi™ Liquid - Iron Free/Xylitol	16 oz
P1228	Bone Strength™	180 Caps	P3816	Ortho Multi™ Softgel w/ Flax 400 mg	90 Gels
P1720	Borage/GLA 1050 mg	60 Gels	P3878	Ortho Multi™ for Men Caps	90 Vcaps®
P3303	Brain Regain™	60 Vcaps®	P3875	Ortho Multi™ for Men Tabs	90 Tabs
P3063	Brocco Immune™	60 Vcaps®	P3798	Ortho Multi™ for Women Caps	120 Vcaps®
P2943	Bromelain 2400 gdu/500 mg	90 Vcaps®	P3796	Ortho Multi™ for Women Tabs	90 Tabs
P1268	Cal-Mag, Liquid, Lemon	16 oz	P3340	Ortho Prostate™	90 Gels
P3308	C.Away™	90 Vcaps®	P3368	Ortho Thyroid™	90 Vcaps®
P1675	CardioTri-Plex™ NEW!	120 Gels	P1413	OsteoBoron® 3 mg, Natural Form/base	90 Vcaps®
P0072	L-Carnitine 500 mg Carnipure®	60 Caps	P0487	Pantethine 300 mg Co-enzyme A	60 Gels
P3019	Celadrin® Joint Liposome Lotion	4 oz	P4727	Peppermint Oil G.I.™ Enteric	90 Gels
P9470	Protocol Celadrin® Tabletop Display NEW!	12 Bottles	P3345	PepZin G.I.® Soothe™	60 Tabs
P1415	ChromeMate® 200 mcg	90 Caps	P2385	Phosphatidyl Serine 100 mg & Ginkgo 60 mg	60 Gels
P1731	CLA Away™	90 Gels	P3338	Progesterone Cream Pump - 20 mg	3 oz
P0405	CoEnzyme B Complex	60 Tabs	P5955	ProtoClear™ Berry Flavor	2.55 lbs
P3163	CoQ10 60 mg + Fish Oils	90 Gels	P5956	ProtoClear™ Info Card & Sample - Berry NEW!	27.5 g
P3208	CoQ10 100 mg Softgels	90 Gels	P5957	ProtoClear™ Orange Flavor	2.55 lbs
P3196	CoQ10 200 mg Lozenges	60 Loz	P5958	ProtoClear™ Info Card & Sample - Orange NEW!	27.5 g
P3198	CoQ10 400 mg Softgels	60 Gels	P5960	ProtoClear™ Vanilla Flavor NEW!	2.55 lbs
P3182	CoQ10 600 mg Softgels	60 Gels	P5961	ProtoClear™ Info Card & Sample - Vanilla NEW!	27.5 g
P3185	CoQ10 Liquid 100 mg/tsp	1 oz	8931	ProtoClear™ Premium Shaker Cup	12 oz
P3186	CoQ10 Liquid 100 mg/tsp	4 oz	P0716	ProtoSorb™ C 500	100 Vcaps®
P3158	CoQ10 100% Pure Powder	1 oz/28g	P0726	ProtoSorb™ C 1000	100 Tabs
P4638	Curcumin 665 mg 95% Extract	60 Vcaps®	P3277	Pycnogenol® 60 mg & Rutin	50 Vcaps®
P3121	D-Flame™ Cox-2 Formula	90 Vcaps®	P3321	Red Yeast & CoQ10 30 mg, ALA	90 Vcaps®
P2811	D-Mannose Urinary 500 mg	90 Caps	P3500	Red Yeast Rice Extract 600	90 Vcaps®
P2147	D-Ribose Powder NEW!	300 g	P3353	Resveratrol 200 mg Extra Strength NEW!	60 Vcaps®
P2956	Dairy Digestion™	90 Vcaps®	P0138	SAMe 200 mg Enteric + B Complex	60 Tabs
P4704	EGCg 400 mg/50%	90 Vcaps®	P4756	Saw Prostetto™ 320 mg/85-95% Extract	90 Gels
P2963	Enzyme HCl™ NEW!	120 Caps	P1485	Selenium 200 mcg, Yeast-Free	90 Vcaps®
P1770	Flax Seed Oil 1000 mg Organic	120 Gels	P2954	Serrazimes® 33 mg/20,000 units	90 Vcaps®
P0498	Flush Free Niacin 500 mg	90 Vcaps®	P1905	Slimaluma® Plus	60 Vcaps®
P4683	Ginkgo Biloba 120 mg/24% Plus	100 Vcaps®	P6957	Stevia Complete Packets	100/box
P3048	GliSODin® 100 mg/Wheat Grass	90 Vcaps®	P6955	Stevia Non-Bitter Liquid, Sweet	2 fl oz
P3170	Gluc/Chond/MSM Caps	90 Caps	P6960	Stevia Non-Bitter Powder, Sweet	1 oz
P3172	Gluc/Chond/MSM Caps	180 Caps	P3507	Sytrinol® Cholesterol Formula	60 Vcaps®
P3243	Gluc/Chond 2 per day, Extra Strength	120 Tab	P0142	Taurine 1000 mg Caps	100 Caps
P3130	Gluc & MSM, Vegetarian 1000 mg	120 Vcaps®	P3380	True Balance™ Multi	120 Caps
P3175	Liquid Glucosamine, Chond, MSM	16 oz	P0166	L-Tryptophan 500 mg	60 Vcaps®
P3318	Glucose Balance™	90 Caps	P0167	L-Tryptophan 500 mg	120 Vcaps®
P0094	L-Glutamine 1000 mg	120 Caps	P0169	L-Tryptophan 1000 mg NEW!	60 Tabs
P3274	Grape Seed OPC 250 mg Extract	90 Vcaps®	P3145	Ubiquinol CoQH-CF™ 50 mg	60 Gels
P3055	Immune Renew™ (Org. Mushrooms)	90 Vcaps®	P3123	Vein Integrity™ with Trunorin®	90 Vcaps®
P3134	Joint•UC Collagen NEW!	60 Vcaps®	P2168	Virility For Men with LJ100®	60 Vcaps®
P1625	Krill Oil 500 mg NEW!	60 Gels	P0452	Vitamin B-12 Liquid Tri-Formula 5,000 mcg	4 oz
P2448	Liver Detox™ - Dr. Verghese	90 Caps	P0690	Vitamin C-1000 Cap+100 Bioflavonoids	120 Caps
P3062	LYC-O-MATO® 20 mg Lycopene	60 Gels	P0365	Vitamin D-3 1,000 IU, Natural	120 Gels
P3258	Melatonin 3 mg Lozenge & B-6	120 Loz	P0367	Vitamin D-3 2,000 IU, Natural	120 Gels
P3326	MetaboEnergetics™	90 Caps	P0372	Vitamin D-3 5000 IU, Natural	120 Gels
P0495	Methyl B-12 1,000 mcg	100 Loz	P0370	Liquid Vitamin D-3 5000 IU, Natural	2 oz
P0496	Methyl B-12 5,000 mcg	60 Loz	P0906	Vitamin E-400 20% Mixed + Selenium	120 Gels
P4739	Milk Thistle 300 mg/80% Plus	90 Vcaps®	P1554	Zinc Glycinate NEW!	120 Gels

NEW!

Cardio Tri-Plex™



Cardio Tri-Plex™ is a novel blend of Red Yeast Rice (RYR), CoQ10 and Omega-3 from fish oil. The extracts from RYR contain starch, sterols, isoflavones, monounsaturated fatty acids, and other compounds that contribute to overall health.* The Red Yeast Rice in Protocol For Life Balance™ Cardio Tri-Plex™ is carefully selected to avoid the presence of citrinin, a

sometimes toxic by-product of the fermentation process. Cardio Tri-Plex™ also contains pharmaceutical-grade Coenzyme Q10 (CoQ10), a compound well-known for its key role in cellular energy production, as well as its potent antioxidant properties and, most importantly, its vital importance to healthy cardiovascular function. The third component in Cardio Tri-Plex™ is Omega-3 from fish oil, which supports healthy cardiovascular function as well as a balanced, healthy inflammatory response.

- Cardiovascular Support*
- Red Yeast Rice with CoQ10 - 30 mg & Omega-3 Fish Oil

Code Size
 P1675 120 Gels

NEW!

Zinc Glycinate



Zinc is a mineral co-factor in hundreds of enzymatic reactions related to protein and carbohydrate metabolism, RNA/DNA synthesis and inter cellular signaling. Zinc is essential to the normal function of many organs and systems within the body; supporting healthy immune, skeletal, neurological, and

endocrine functions as well as a healthy prostate. Dietary bioavailability of zinc is relatively poor, so Protocol For Life Balance™ Zinc Glycinate is chelated to improve absorption and bioavailability. PFLB™ offers Zinc Glycinate in a softgel capsule with Pumpkin Seed Oil as a healthy synergist.*

- Supports Prostate Health
- 30 mg Albion® TRAACS® Zinc
- With 250 mg Pumpkin Seed Oil
- Chelated Form in Softgels for Superior Bioavailability*

Code Size
 P1554 120 Gels

NEW!

Ortho Multi Greens™



Multiple vitamins help to bridge the nutrient gap in our daily diets. In today's world of processed foods and fast-paced lifestyles, many of us do not get the daily recommended allowance of vitamins, minerals and other nutrients. Multiple vitamins can help fill in the areas lacking in our diets, and are formulated

to provide a broad range of nutrition in a synergistic manner.

- Fortified with Green Superfood Concentrates
- Organically grown Barley Grass & Wheat Grass
- Spirulina, Chlorella (broken cell wall) & Alfalfa Leaf Juice Concentrate
- Iron-Free

Code Size
 P3788 180 Vcaps®

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.