

# Cholesterol Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### Omega-3 Rejuvenate

**Take 2 capsules daily.** Support for heart & cardiovascular health.

### PGX WellBetX with Mulberry Capsules

**Take 1 capsule three times a day (3 in total) with a full glass of water before each meal.** Helps maintain already-normal blood sugar levels while lowering the glycemic index of meals and reducing peaks and valleys in blood sugar.

### Red Yeast Rice + CoQ10

**Take 2 capsules twice a day (4 in total).** Helps maintain healthy cholesterol levels and supports cardiovascular health and maintain healthy cholesterol levels and healthy lipid particle size and number. The CoQ10 is for added antioxidant support.

### Meta-Sitosterol 2.0

**Take 2 capsules twice a day (4 in total).** To help maintain healthy blood cholesterol levels already within the normal range.

## Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

\*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.