



CHOLESTGAR™

Supports Cardiovascular Health

- Supports cholesterol levels already within the normal range
- Features garlic and guggul, used traditionally for centuries to support heart health
- Additional herbs support healthy circulation

The stress and physical demands of modern life make monitoring our cholesterol levels and supporting a healthy cardiovascular system among the most important things we can do for our health. That's why Planetary Herbals

created CHOLESTGAR, an excellent addition to a heart-healthy diet and exercise program. CHOLESTGAR combines the protective properties of garlic with the ancient Ayurvedic herb, guggul, renowned in traditional herbal practice for its positive cholesterol properties. CHOLESTGAR also contains a potent blend of herbs that are combined to offer a comprehensive supplement for supporting cholesterol levels already within the normal range.



PLANETARY®
HERBALS

Expert Formulations – *Exceptional Results*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Why is healthy cholesterol important?

Cholesterol is a fatty substance produced by the liver that is vital for producing vitamin D, building cell membranes, supporting hormone production, and aiding in fat digestion. Two types of protein are produced to help deliver cholesterol through the bloodstream: high-density lipoproteins (HDL) and low-density lipoproteins (LDL). HDL is often called “good cholesterol,” because it carries cholesterol to the liver, where it can be processed for elimination from the body. LDL carries the cholesterol out from the liver for use by the body. A healthy balance of cholesterol in our bodies—and maintaining that balance—is important for our cardiovascular well-being.

CHOLESTGAR: A Powerful Blend

CHOLESTGAR harnesses the protective properties of garlic, guggul, and a powerful blend of herbs to maintain cholesterol levels already in the normal range. Each CHOLESTGAR tablet contains 300 mg of garlic (*Allium sativum*), which has been valued in Ayurveda for its potential health benefits. Modern research suggests that garlic may inhibit enzymes involved in cholesterol production. Allicin, a prized component of properly prepared garlic extract, is well-known not only for its positive effects on cholesterol, but also for its ability to support immune health, clear blood flow, and natural cleansing of the body.

Guggul—the resin of the *Commiphora mukul* tree—has been used in the Ayurvedic tradition for more than 2,000 years, where it was said to prevent “coating and obstructions of the channels.” Recent scientific research suggests that guggulsterones, guggul’s bioactive elements, boost bile production to help remove cholesterol from the blood. Planetary Herbals uses a standardized extract of guggul that yields 20 mg of guggulsterones per two CHOLESTGAR tablets, the suggested daily use.

In addition to the powerful combination of garlic and guggul extracts, CHOLESTGAR’s potent blend of herbs—including salvia root, dong quai root, gambir stem, and fo-ti root—have been long revered in Chinese traditional herbalism for their ability to support healthy circulation.

Also Available for Cardiovascular Support: GARLICHOL™

Planetary Herbals GARLICHOL is a complementary product to CHOLESTGAR. GARLICHOL is a pure garlic supplement, specially prepared by a patented “no heat” process that protects the valuable compound allicin. The enteric-coating process further ensures that the allicin potential is not destroyed by stomach acid. Each GARLICHOL tablet yields 6,000 mcg of allicin per tablet to support immunity and cardiovascular wellness.

The PhytoDynamic™ Difference

CHOLESTGAR and GARLICHOL were formulated with a profound understanding of the ways in which plant compounds interact with human physiology. Planetary Herbals PhytoDynamic principles draw on herbal tradition, scientific research, and a level of clinical expertise unmatched in the natural products industry. The result: an herbal compound that helps to maintain healthy cholesterol levels and support cardiovascular health.

References

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