

Red Yeast Rice:

A Natural Way to Manage Cholesterol

红曲米:

控制胆固醇的天然方法



Scientific studies have shown that red yeast rice supplements can effectively lower both overall and LDL (bad) cholesterol levels. But the benefits don't stop there. Emerging research suggests that red yeast rice may also help with inflammation, metabolic syndrome and blood sugar levels. In addition to these potential health benefits, Traditional Chinese Medicine has long used red yeast rice to support better circulation and digestion.

What Is Red Yeast Rice?

Red yeast rice is created by fermenting rice with a yeast called *Monascus purpureus*, giving it a reddish-purple colour. Also known as Went rice or red fermented rice, it contains natural compounds called monacolins. One key monacolin, monacolin K, helps block cholesterol production in the body. Additionally, red yeast rice includes other beneficial substances like phytosterols, isoflavones and unsaturated fatty acids.

Benefits

Lowens Cholesterol and Supports Heart Health

Research from 21 studies showed that red yeast rice can effectively lower total and LDL (bad) cholesterol, as well as triglycerides and blood pressure. Additionally, it contains monacolin K, a compound that may enhance the flexibility of blood vessels, crucial for cardiovascular health.

May Reduce Inflammation

Inflammation is a natural response to infections and injuries but when it becomes chronic, it can contribute to serious conditions like diabetes, cancer and heart disease.

Research suggests that red yeast rice may help lower inflammation. For example, a study with 50 people who had metabolic syndrome found that a supplement containing red yeast rice and olive extract reduced oxidative stress—an important cause of chronic inflammation—by up to 20%. Another study showed that red yeast extracts lowered inflammation-related proteins in rats with kidney damage.

May Help Manage Metabolic Syndrome

Metabolic syndrome is a group of conditions—such as high blood pressure, excess body fat, high blood sugar and abnormal cholesterol or triglyceride levels—that increase the risk of heart disease, diabetes and stroke.

Studies suggest that red yeast rice may help manage some of these risk factors. For example, it is well-documented for its ability to lower cholesterol levels. An 18-week study found that a red yeast rice supplement could reduce blood sugar, insulin levels and systolic blood pressure in individuals with metabolic syndrome. Additionally, an 8-week study on mice showed that red yeast rice helped prevent increases in cholesterol levels and body weight.

科学研究表明，红曲米补充剂可以有效降低总胆固醇和低密度脂蛋白(坏)胆固醇水平。但好处不止于此，最新研究表明，红曲米还可能有助于缓解炎症、代谢综合征和血糖水平。除了这些潜在的健康益处，传统中医长期以来一直使用红曲米来促进血液循环和消化。

什么是红曲米？

红曲米是用一种叫做红曲的酵母对大米进行发酵，使其呈现出一种红紫色。它也被称为糙米或红发酵米，含有一种叫做单曲霉素的天然化合物。其中一个关键的物质，莫那可林K，有助于阻止体内胆固醇的生成。此外，红曲米还含有其他有益物质，如植物甾醇、异黄酮和不饱和脂肪酸。

好处

降低胆固醇，促进心脏健康

21项研究表明，红曲米可以有效降低总胆固醇和低密度脂蛋白(坏)胆固醇，以及甘油三酯和血压。此外，它还含有莫那可林K，这是一种可以增强血管柔韧性的化合物，对心血管健康至关重要。

可能有助于降低炎症

炎症是机体对感染和损伤的自然反应，但当它变成慢性时，可能会导致糖尿病、癌症和心脏病等严重疾病。

研究表明，红曲米可能有助于降低炎症。例如，一项针对50例代谢综合征患者的研究发现，含有红曲米和橄榄提取物的补充剂可将氧化应激（慢性炎症的重要原因）降低多达20%。另一项研究显示，红曲提取物可降低患有肾损伤大鼠的炎症相关蛋白质。

有助管理代谢综合征

代谢综合征是一组由高血压、过多体脂、高血糖以及异常胆固醇或甘油三酯水平等因素构成的病症，增加了心脏病、糖尿病和中风的风险。

研究表明，红曲米可能在管理这些风险因素方面发挥积极作用。例如，它具有降低胆固醇水平的能力。一项为期18周的研究发现，在代谢综合征患者中，红曲米补充剂能够有效降低血糖、胰岛素水平及收缩压。此外，一项针对小鼠进行的8周研究显示，红曲米有助于防止胆固醇水平和体重的上升。

May Have Anticancer Properties

Current research on red yeast rice's anticancer effects is limited to animal and lab studies. Some evidence suggests it might help slow the growth of cancer cells. For example, a study found that red yeast rice powder reduced tumour size in mice with prostate cancer compared to a control group.

Natural Approaches to Cholesterol Management

While red yeast rice can support cholesterol management and reduce inflammation, it is always best to adopt lifestyle changes to naturally reduce the need for the body to produce more cholesterol instead of eliminating cholesterol through drugs or an elimination diet. As explained in Dr. Lynn's book, **Cholesterol: Guilty or Innocent?**, when there is underlying chronic inflammation in the body, it calls for the production of cholesterol to repair the injuries caused by the inflammation, resulting in elevated cholesterol in the body.

For those considering red yeast rice as a natural alternative to prescription statins medication, it is important to select a reputable product like **NewLife™ Cholestinon** ensures quality and effectiveness. We recommend incorporating **CoQ10 Plus** and **Niacin** alongside **Cholestinon** to achieve even better results for managing cholesterol and supporting heart health.

可能具有抗癌特性

目前关于红曲米抗癌作用的研究主要集中在动物实验和实验室环境。一些证据表明，它可能对减缓癌细胞生长有所帮助。例如，有一项研究发现，与对照组相比，使用红曲米粉的小鼠前列腺肿瘤显著减小。

胆固醇管理的自然方法

虽然红曲米能支持胆固醇管理并减少炎症，但我们更推荐通过生活方式改变来自然地减少身体产生更多胆固醇，而非单纯依赖药物或排除。如陈林希珠博士在其著作《**胆固醇：有罪还是无辜？**》所述，当体内存在慢性炎症时，会促使身体产生更多胆固醇以修复因炎症造成的损伤，从而导致体内总胆固醇水平升高。

对于考虑将红曲米作为处方他汀类药物替代品的人来说，选择信誉好的产品非常重要，像**新生命减固醇**，才能保证良好的质量和效果。同时，我们建议结合**减固醇、辅酶Q10+与血液循环补充丸(烟酸)**共同使用，以实现最佳的胆固醇控制及心脏健康支持。

NewLife™ Cholestinon | 新生命减固醇

Premium Supplement

优质补品

Formulated from high-quality red yeast rice fermented with *Monascus purpureus*.

由优质红曲霉发酵而成。



Trusted Manufacturer

值得信赖

Produced by a reputable company renowned for its expertise in traditional medicine and health products.

由具有传统医药和保健产品专业知识的知名制造商生产。

Purity Assurance

纯度保证

Our proprietary process ensures no additives or preservatives.

专有工艺确保无添加剂或防腐剂。



Target Audience

目标人群

Ideal for individuals with slightly elevated cholesterol levels (5-6 mg/dL).

适合胆固醇水平轻微升高(5-6毫克/分升)的人群。



Regulatory Approval

监管批准

Approved by the Ministry of Health of Malaysia.

经马来西亚卫生部批准。



Certified Quality

质量认证

Manufactured in facilities that comply with cGMP, ISO 9001:2015, HACCP, and HALAL certifications; registered with the USA FDA.

在通过cGMP、ISO9001:2015、HACCP和HALAL认证，美国食品药品监督管理局注册的工厂生产。



Safety Testing

安全检测

Undergoes stringent safety and efficacy tests, including assessments for heavy metals and microbial contamination; Tested citrinin-free.

通过严格的安全性和有效性测试，包括重金属和微生物检查；经测试不含橙霉素。



Key Benefits | 主要益处



Contains natural lovastatin to effectively lower LDL (bad) cholesterol levels.

含有天然洛伐他汀降低低密度脂蛋白(有害)胆固醇。



Increases HDL (good) cholesterol while reducing triglycerides.

提高高密度脂蛋白(有益)胆固醇，降低甘油三酯。



Promotes enhanced blood circulation, supports digestive health, and mitigates heart attack risk.

促进血液循环，促进消化，降低心脏病发作的风险。

