

MiraCHOL® 3.0 Gold



Cholesterol: From black and white thinking and greyscale

Cholesterol is a fat-like substance that performs many different functions in the body. It is an important component of the cell walls and is needed for the production of vitamin D, bile and some hormones. All this makes cholesterol a vital substance for us humans - yet "too much of a good thing" is treacherous: elevated cholesterol levels are not felt. They usually only become noticeable at a late stage, when fat deposits in the blood vessels become apparent. A moderate level or a suitable ratio of "HDL cholesterol" to "LDL cholesterol" is therefore very important.

Incense & Red Yeast Rice: Treasures from nature

It has long been known that a balanced diet and certain nutrients have an influence on normal cholesterol levels. The traditional plant *Boswellia serrata* - better known as incense - has been rediscovered by modern science. Frankincense not only supports heart function, but also helps to keep blood cholesterol levels at a normal level. In China, red yeast rice has been used and appreciated as a traditional ingredient in the kitchen for centuries. During the fermentation of rice, which results in its characteristic red colour, the active substance monacolin K is produced, among other things.

MiraCHOL 3.0® Gold - keeps an eye on your cholesterol level

Biogena MiraCHOL® 3.0 Gold contains 2.95 mg per capsule of monacolin K from red yeast rice and incense extract in the form of the branded raw material Boswellin®. The formula is supplemented by active coenzyme Q10 (KANEKA UBIQUINOL™). Coenzyme Q10 is an endogenous substance that is found mainly in organs that require a lot of energy, such as muscles, brain and heart. However, some medications, such as statins, can inhibit the body's own coenzyme Q10 biosynthesis, which can manifest itself as tiredness and weakness. The synergistic composition of the three ingredients characterises this new gold preparation. MiraCHOL® 3.0 Gold - our clever strategy to maintain a normal cholesterol level

MiraCHOL® 3.0 Gold

- The clever premium composition to support normal cholesterol levels
- With the active ingredient Monacolin K from red yeast rice
- With frankincense extract (*Boswellia serrata*), which helps maintain healthy cholesterol levels and supports heart function
- Rounded off with valuable coenzyme Q10 in its active form ubiquinol (KANEKA UBIQUINOL™)

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product tip:

Do you already know Biogena FiboCHOL®? Together with MiraCHOL® 3.0, it helps you maintain a healthy cholesterol level. FiboCHOL® impresses with its proven vegetable values - with vegetable phytosterols that support a normal cholesterol level, with beta-glucan-rich fibre from oats, soluble fibre from acacia fibre (Fibregum™) and completing artichoke juice powder.

Possible applications:

- To support a normal blood cholesterol level
- To maintain normal heart functions
- For the targeted supply of incense extract from the tree resin of Boswellia Serrata (Boswellin®)
- For additional supply of monacolin K from red fermented rice and active coenzyme Q10 (KANEKA UBIQUINOL™)

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Red yeast rice	100 mg	-
<i>contains monacoline K</i>	<i>2.95 mg</i>	-
Frankincense extract (Boswellin®)	40 mg	-
<i>contains beta-boswellic acids</i>	<i>8 mg</i>	-
Ubiquinol (KANEKA UBIQUINOL™)	10 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Red rice powder, hydroxypropyl methyl cellulose (capsule shell), Boswellia serrata extract, ubiquinol (contains **soybean**), bulking agent: powdered cellulose.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid. We recommend consulting your doctor before starting to take this food supplement.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

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IMPORTANT NOTICE

Consume a maximum of 3 mg of monacolins from red yeast rice per day. MiraCHOL® should not be consumed by pregnant or lactating women, children under 18 years old, and adults over 70 years old. Do not consume MiraCHOL® if you are taking cholesterol-lowering medication or are already consuming other products containing red yeast rice. Seek advice from a doctor on consumption of this product if you experience any health problems.

PACKAGE SIZE AND CONTENT

90 capsules (3 month supply), 21 g

GOOD TO KNOW



Get rid of the flab: Losing overweight is one of the most effective methods of reducing cholesterol levels. Not only the well-being but also the blood lipid values benefit significantly from the falling pounds.



Exercise - the natural "cholesterol-lowering agent": Exercise is a true miracle when it comes to heart health. Those who integrate exercise into their everyday life and also do endurance sports several times a week are able to slow down the aging of the blood vessels, have a positive influence on blood pressure and heart rate and lower their cholesterol level to a certain extent even without tablets.



Quit smoking: The fact that smoking is a burden on our health is really nothing new. But did you know that smokers with elevated cholesterol levels put multiple stresses on their blood vessels? Smoking not only damages the innermost wall layer of the blood vessels ("endothelium") and constricts the veins, it is also associated with less "good" HDL and more "bad" LDL cholesterol in the blood.



Cholesterol-conscious nutrition: A conscious diet helps to keep cholesterol levels in check and possibly even to lower them. Experts recommend a plant-based diet rich in fibre. While contrary to common belief, the cholesterol content of food has only a limited effect on our cholesterol level, attention should be paid to the quality of fatty acids: The intake of saturated "animal fats" should be replaced by foods containing unsaturated fatty acids (e.g. omega-3-rich vegetable oils and fish). Fast food, bakery products, fried foods and foods with a high sugar content should be eaten in very limited quantities or, at best, avoided.



Further nutrient recommendations: People who wish to support their cholesterol levels can benefit from certain nutrients. For example, the daily intake of 2 g alpha-linolenic acid, which is particularly abundant in linseed oil, and phytosterols (at least 0.8 g daily) help to maintain normal blood cholesterol levels.

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 04.07.2022.



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