



FUEL YOUR GREATNESS.™

**Nature Made® Multi+CholestOff®
FACT SHEET**



What is Nature Made Multi+CholestOff?

Nature Made Multi+CholestOff is a heart healthy multivitamin designed to help you take care of your body, mind and heart. A complete multivitamin with 25 key vitamins and minerals, Multi+CholestOff also helps to reduce cholesterol levels naturally, through the addition of plant sterols and stanols.

How does it work?

The active ingredient in Multi+CholestOff is sterols and stanols, plant-derived ingredients that have been studied for more than 50 years. Plant sterols and stanols reduce LDL, or "bad," cholesterol by blocking the absorption of dietary cholesterol, and are clinically proven to reduce LDL cholesterol by up to 24 percent.¹

Why should I take Nature Made Multi+CholestOff?

The U.S. government's National Cholesterol Education Program recommends the consumption of two grams of sterols and stanols per day to maintain cholesterol health. Although trace amounts of plant sterols and stanols are naturally found in foods like almonds, apples, tomatoes and olive oil, these amounts are not enough to significantly lower cholesterol.

Multi+CholestOff helps consumers reach the recommended two grams of sterols and stanols daily. Additionally, Nature Made Multi+CholestOff offers at least 100% of many important vitamins and minerals including:

- Vitamin D – which recent studies show may affect heart health
- Vitamins C and E – both essential antioxidants key to healthy aging and immune health
- Vitamin K – another important nutrient for maintaining proper bone and heart health

Contraindications and Side effects

The ingredients in Nature Made Multi+CholestOff have no known side effects and may safely be taken on its own or with prescription medication.^{2,3} It is important to work with a physician to determine an individualized treatment plan. Women who are pregnant or nursing should consult a physician before using.

Who should use Nature Made Multi+CholestOff?

Individuals who are concerned about their cholesterol levels and those who seek a multivitamin. Individuals taking steps to reduce their cholesterol either through diet, exercise or supplementation.

Where to buy Nature Made Multi+CholestOff

Nature Made Multi+CholestOff is available in a 60-count bottle and can be found in food, drug and mass channels. The recommended dosage is two tablets per day, which provide 800 mg (400 mg/tablet) of plant sterols and stanols and a complete multivitamin.

Dietary Supplement Regulation

Nature Made Multi+CholestOff is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

Media contact

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¹ The average reduction range in LDL cholesterol in 7 clinical studies of 3 weeks or longer supporting Reducool™, the active ingredient in CholestOff, was 1.4 to 24.4 percent. The average LDL reduction from diet alone was 8.8 percent.

² Nguyen, T. (1999) The Cholesterol-Lowering Action of Plant Stanol Esters. *J Nutr.* 129, 2109-2112.

³ Gyllinh H, Miettinen T. (2002) Combination Therapy with Statins. *Curr Opin Investig Drugs* 3(9), 1318-1323.