

Coestina^{LDL}

Indicazioni

Coadiuvante nelle terapie inerenti:

Status di Ipercolesterolemia
Mantenimento livelli di colesterolo normali
Diete ipercaloriche e ipocaloriche
Trigliceridi Alti
Terapie farmacologiche ipercolesterolemizzanti



Materiale riservato esclusivamente ai Sig. Medici

Posologia

1 compressa al giorno

Informazioni nutrizionali

Sostanze ad effetto nutritivo o fisiologico	Per 100 g	Per dose (1cpr)	*VNR%
Berberina	40 g	400 mg	---
Cassia nomame e.s. tit. 8% Flavonoidi	10 g	100 mg	---
di cui Flavonoidi	800 mg	8 mg	---
Riso rosso fermentato	9,67 g	96,66 mg	---
e.s. tit. 3% Monacolina K			
di cui Monacolina K	290 mg	2,9 mg	---
Coenzima Q10	2 g	20 mg	---
Policosanoli	1,67 g	16,66 mg	---
e.s. tit. 60% Octacosanoli			
di cui Octacosanoli	1 g	10 mg	---
Astaxantina	100 mg	1 mg	---
Acido folico	20 mg	200 mcg	100%

*%VNR = Valori Nutritivi di Riferimento



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www.cronav.it

Bibliografia

Low daily dose of 3 mg monacolin K from RYR reduces the concentration of LDL-C in a randomized, placebo-controlled intervention.

Tina Heinz, Jan Philipp Schuchardt, Katharina Möller, Peyman Hadji, Andreas Hahn

Efficacy and Tolerability of a Nutraceutical Combination (Red Yeast Rice, Policosanols, and Berberine) in Patients with Low-Moderate Risk Hypercholesterolemia: A Double-Blind, Placebo-Controlled Study

S. Gonnelli et al. / Current Therapeutic Research 77 (2015) 1–6

NUTRACEUTICI PER IL CONTROLLO DELLE DISLIPIDEMIE

Nutraceuticals for treatment of dyslipidemia

Franca Marangoni Giornale Italiano di Farmacoeconomia e Farmacoutilizzazione 2017; 9 (1): 57-63

Effect of coenzyme q10 on myopathic symptoms in patients treated with statins.

Caso G et al, Am J Cardiol 2007 May 15;99(10):1409-12. Epub 2007 Apr 3

Coestina^{LDL}



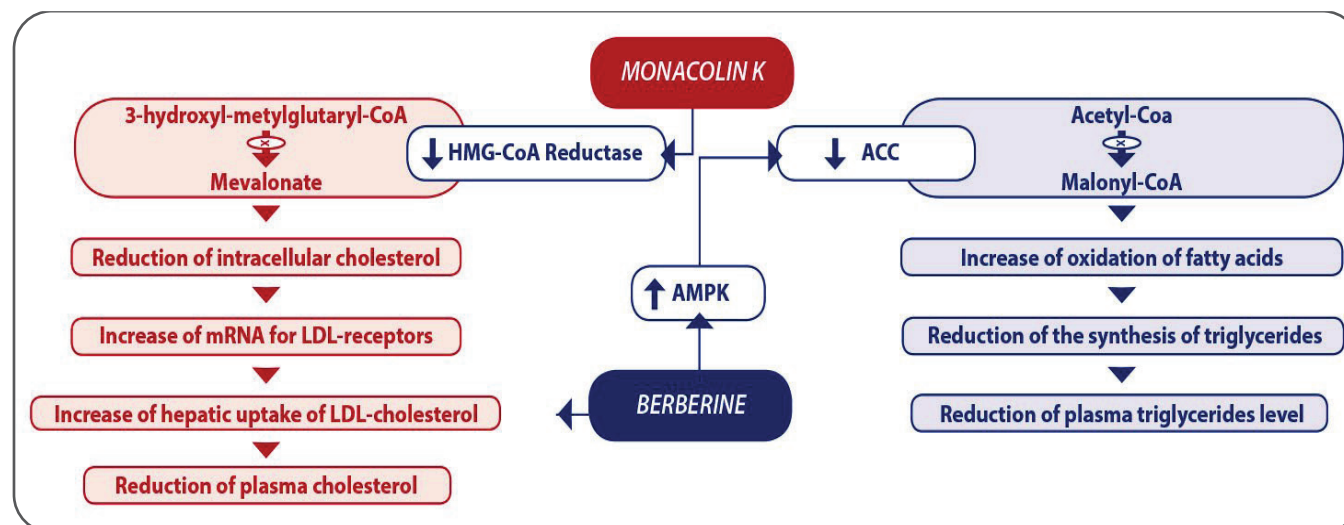
NEW

Colestina^{LDL}

Metabolismo del LDL

La quantità ematica di colesterolo in particolare del colesterolo LDL dipende prettamente da due fattori:

1. Produzione del LDL (via HMG-coA reduttasi)
2. Riciclo dei recettori LDLR



MONACOLINA K (2,9mg)

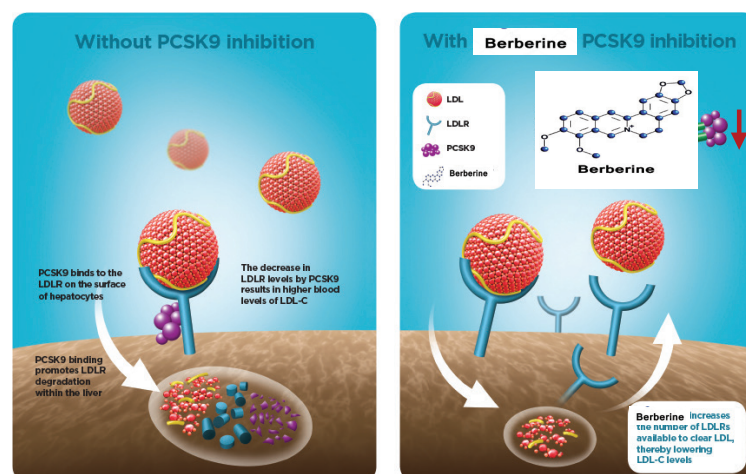
La Monacolina K, estratta dal riso rosso fermentato, riduce i livelli di HMG-CoA reduttasi, enzima fondamentale per la biosintesi del colesterolo.

CASSIA NOMAME

Aiuta a prevenire l'assorbimento dei grassi presenti negli alimenti a livello dello stomaco e dell'intestino

BERBERINA

La Berberina, associata a Statine o a Monacolina K, riduce l'espressione dell'mRNA della proteina PCSK 9 che lega i recettori LDLR e ne favorisce la degradazione



Monacolina K
3 mg

Periodo : 12 settimane

LDL-C (-14.8%)

COL. TOT. (-11.2%)

Randomized Controlled Trial > Nutr Res. 2016 Oct;36(10):1162-1170.
doi: 10.1016/j.nutres.2016.07.005. Epub 2016 Jul 27.

Low daily dose of 3 mg monacolin K from RYR reduces the concentration of LDL-C in a randomized, placebo-controlled intervention

Tina Heinz¹, Jan Philipp Schuchardt², Katharina Möller², Peyman Hadji³, Andreas Hahn⁴

Affiliations + expand

PMID: 27865358 DOI: 10.1016/j.nutres.2016.07.005

Free article

Abstract

Hypercholesterolemia and elevated homocysteine concentrations are associated with cardiovascular risk. Previous studies have demonstrated a cholesterol-lowering effect of red yeast rice (RYR) supplements which contained 5 to 10 mg of monacolin K. We hypothesized that the intake of a low monacolin K dose may likewise reduce low-density lipoprotein-cholesterol (LDL-C) and other plasma lipids. In secondary analyses, we tested the homocysteine lowering effect of folic acid, which was also included in the study preparation. Therefore, we conducted a randomized, double-blind, and placebo-controlled intervention study. One hundred forty-two nonstatin-treated participants with hypercholesterolemia (LDL-C $\geq 4.14 \leq 5.69$ mmol/L) were randomized to the supplement group with RYR or the placebo group. Participants of the supplement group consumed 3 mg monacolin K and 200 μ g folic acid per day. A significant ($P < .001$) reduction of LDL-C (-14.8%), total cholesterol (-11.2%), and homocysteine (-12.5%) was determined in the supplement group after 12 weeks. A total of 51% of the participants treated with RYR achieved the limit of LDL-C < 4.14 mmol/L advised and 26% reached the threshold level of homocysteine < 10 μ mol/L. No significant changes were exhibited within the placebo group. Other parameters remained unchanged and no intolerances or serious adverse events were observed. **In conclusion, we demonstrated that a low dose of daily 3 mg monacolin K from RYR reduces the concentration of LDL-C; a risk factor for cardiovascular diseases.**

Keywords: Folic acid; Homocysteine; LDL-cholesterol; Monacolin K; Red yeast rice.

Formulazione SINERGICA

Cassia Nomame

Treatment of 3T3-L1 adipocytes with suppressed adipogenesis and lipogenesis via the AMP-activated protein kinase pathway

Nutrients:

2023 Jan 25;15(3):613.doi:10.3390/nu15030613

Vit.C & Octacosanoli

Contribuiscono ad aumentare i livelli di HDL e sinergizzano con Monacolina K e Berberina nel ridurre il colesterolo totale.

S. Gonnelli et al. / Current Therapeutic Research 77 (2015) 1-6

Monacolina K & Berberina

Agiscono sinergicamente per diminuire i livelli di LDL, trigliceridi e colesterolo totale.

Spigoli et. al. Int. J. Mol. Sci. 2017, 18, 1498; doi:10.3390/ijms18071498

Coenzima Q10

Consigliato in associazione alle statine e simili per la possibile deplezione dello stesso a livello mitocondriale. Ottimo antiossidante e sinergizza l'effetto anti-dislipidemico.

Caso G et al, Am J Cardiol 2007 May 15;99(10):1409-12. Epub 2007 Apr 3