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### **Red Yeast Rice Benefits: Lowering High Cholesterol**

One study found that 2.4 grams of the

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### Cholesterol Levels And

red yeast rice on a daily basis helped to cut down the total cholesterol by 16% and LDL cholesterol by as much as 22%. All of this in just 12 weeks. Another study revealed that taking 1.2 grams on a daily basis helped to cut down LDL cholesterol by as much as 26% in only 8 weeks.

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## Cholesterol Levels And **Red Yeast Rice and Cholesterol - Science-Based Medicine**

Red Yeast Rice History and Interesting Facts. Red yeast rice is also sometimes referred to as several other names, including RYR, Went rice, red fermented rice, red rice koji, akakoji, red kojic rice, red koji rice or anka. "Koji" in Japanese means "grain or bean overgrown with a

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## **Red Yeast Rice | NCCIH**

In addition to its culinary use, red yeast rice is also used in Chinese herbology and Traditional Chinese medicine. Its use has been documented as far back as the Tang Dynasty in China in 800 AD. Red yeast rice is described in the



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Chinese pharmacopoeia Ben Cao Gang Mu by Li Shizhen. Recommendations were to take it internally to invigorate the body, aid in digestion, and revitalize the blood.

**Chinese Red Yeast Rice Effectively**  
Research shows that it can effectively

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reduce both total and LDL cholesterol levels (5, 6). Another small, 18-week study found that a supplement containing red yeast rice was able to reduce blood sugar, insulin levels and systolic blood pressure (the top number of a reading) in people with metabolic syndrome (10).

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## Cholesterol Levels And Promote Cardiovascular Health

**A Meta-Analysis of Red Yeast Rice: An Effective and ...**

Dr. Andrew Weil recommends red rice yeast extracts, saying they are by far the most effective natural supplement for lowering cholesterol and claiming that they are less likely to cause side effects than prescription statins. Dr. Oz says red yeast rice is a statin that will

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## **Red Yeast Rice: Statin Drug or Cholesterol-Lowering ...**

“So How Effective Is Red Yeast Rice For  
Improving Cholesterol &  
Triglycerides?...” \*There are hundreds of  
double-blind studies 1 around the  
WORLD, that show Red Rice Yeast

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extract is clinically shown 2 to help promote healthy cholesterol levels (when used correctly).. In fact, don't take my word for it, you can go ahead and do your own research online - just make sure it's at a ...

### **Red Yeast Rice and Plant Stanols for Cholesterol Reduction ...**

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Red yeast rice is a Chinese secret for lowering cholesterol can be beneficial to your overall health. Learn more about red yeast rice and its effects on lowering cholesterol from Discovery Health.

### **Red Yeast Rice: Get Facts on Benefits, Side Effects & Risks**

Red yeast rice is made by culturing rice

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with various strains of the yeast *Monascus purpureus*. Some preparations of red yeast rice are used in food products in Chinese cuisine, including Peking duck. Others have been sold as dietary supplements to lower blood levels of cholesterol and related lipids.

### **Ranking the best red yeast rice**

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Red yeast rice has been used as a possibly effective aid in reducing the risk of heart disease, heart attacks, or death in people with a history of heart attack. Red yeast rice has also been used as a possibly effective aid in lowering cholesterol and triglyceride levels in people with human immunodeficiency



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**How to Use Red Yeast Rice to Help  
Lower Your Cholesterol**

RED YEAST RICE 1200 mg CHINESE DIET  
LOWER CHOLESTEROL 180 TABLETS 3  
BOTTLES LOT. Brand New. \$37.36 Was:  
Previous Price \$50.49. Save up to 10%  
when you buy more. or Best Offer. Free

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Shipping. Watch. L 8 3 4 3 Y D C R 1.

Chinese Red Yeast Rice: Effectively Control Cholesterol Levels and Promote... by Rita Elkins | PB | Acceptable. Pre-Owned. 4.0 ...

## **Red yeast rice Uses, Side Effects & Warnings - Drugs.com**

But that doesn't mean red yeast rice

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supplements are safer than prescription statins. They aren't. "Like statins, red yeast rice can cause exactly the same side effects as statins, and that includes muscle, liver, and kidney problems," Lipman says.

### **Red Yeast Rice - Understand This Cholesterol Reducing ...**

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Taking red yeast rice extract and plant stanols together is an effective way to lower LDL cholesterol levels because the supplements work together to fight cholesterol in two different ways. It is important to know that taking these supplements comes at a cost, literally.

### **Red Yeast Rice: Benefits, Side**

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Red yeast rice is the product of yeast (*Monascus purpureus*) grown on white rice. The powdered yeast-rice mixture is a dietary staple in Asia and has been used in traditional Chinese medicine. Red yeast rice is also available as an oral supplement. Red yeast rice might contain compounds that appear to lower

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**chinese red yeast rice | eBay**

Red Yeast Rice has been touted as the perfect natural supplement when it comes to the treatment of high cholesterol. The real question is if red yeast rice really works in lowering cholesterol levels?. Research has shown

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that red yeast rice is a very effective supplement when it comes to the treatment of high cholesterol.

### **Red Yeast Rice and Cholesterol: Is It Both effective and safe?**

Red yeast rice is a supplement with a very focused purpose—it is used to improve heart health, particularly by

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lowering your LDL (“bad”) cholesterol levels in a manner similar to that of statins, which are prescription cholesterol lowering drugs (this category includes medications like Lipitor and Zocor).

### **The Truth About Red Yeast Rice for Lowering Cholesterol**



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Red yeast rice is rice that has been fermented by the red yeast, *Monascus purpureus*. It has been used by the Chinese for many centuries as a food preservative, food colorant (it is responsible for the red color of Peking duck), spice, and an ingredient in rice wine.

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## Cholesterol Levels And **Red yeast rice - Wikipedia**

The meta-analysis suggests that red yeast rice is an effective and relatively safe approach for dyslipidemia.

However, further long-term, rigorously designed randomized controlled trials are still warranted before red yeast rice could be recommended to patients with dyslipidemia, especially as an

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alternative to statins.

## **Red yeast rice - Mayo Clinic**

Red yeast rice extract (RYRE) is a traditional Chinese medicine that has been purported to lower cholesterol. Several types of the extract are sold as supplements. Red yeast rice may be appealing because it's "natural," but you

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need to be careful. Experts have not  
studied it extensively.