### Supplements to Help Manage Total Cholesterol, LDL, and HDL

- Beta glucan (whole oats/barley)
- Plant sterols and stanols
- Psyllium
- Alpha linolenic acid (flaxseed oil)
- Chia Seed
- CoQ10 (as adjunct to statin therapy to lower LDL cholesterol)
- Flaxseed (ground)
- Niacin
- Pectin
- Probiotics-Lactobacillus reuteri NCIMB 30242
- Red yeast rice
- Soy
- Vitamin D
- Garlic
- Ginseng
- Guar Gum
- Krill Oil
- Omega 3 fatty acids (fish oil)
- Magnesium

### Supplements to Help Lower Blood Sugar

- Psyllium
- Alpha lipoic acid
- Beta glucan (whole oats/barley)
- Chromium
- Cinnamon
- Pectin
- Alpha linolenic acid (flaxseed oil)
- Garlic
- Ginseng
- Guar Gum
- Magnesium

### OTHER FIBERS

- Soluble corn fiber
- Calcium polycarbophil
- Inulin
- Methylcellulose
- Wheat dextrin
- Bitter Melon
- Glucomannan

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This content was adapted from The Cleveland Clinic Wellness flyer. For more detailed information, access full supplement review at [www.clevelandclinicwellness.com/suppreview](http://www.clevelandclinicwellness.com/suppreview).

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Recommended: Several well-designed studies in humans have shown positive benefit. Our team is confident about its therapeutic potential.

Recommended with Caution: Preliminary studies suggest some benefit. Future trials are needed before we can make a stronger recommendation.

Not Recommended - Evidence: Our team does not recommend this product because clinical trials to date suggest little to no benefit.

Not Recommended - High Risk: Our team recommends against using this product because clinical trials suggest substantial risk is greater than the benefit.