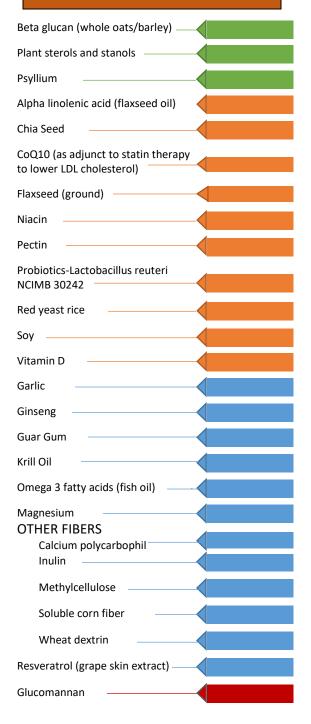
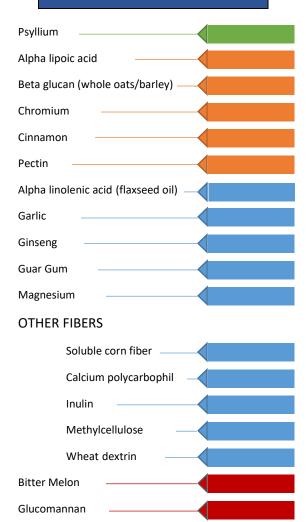
## **Supplements to Help Manage Total Cholesterol, LDL, and HDL**



## **Supplements to Help Lower Blood Sugar**





Click for more DES Free Resources!

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

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