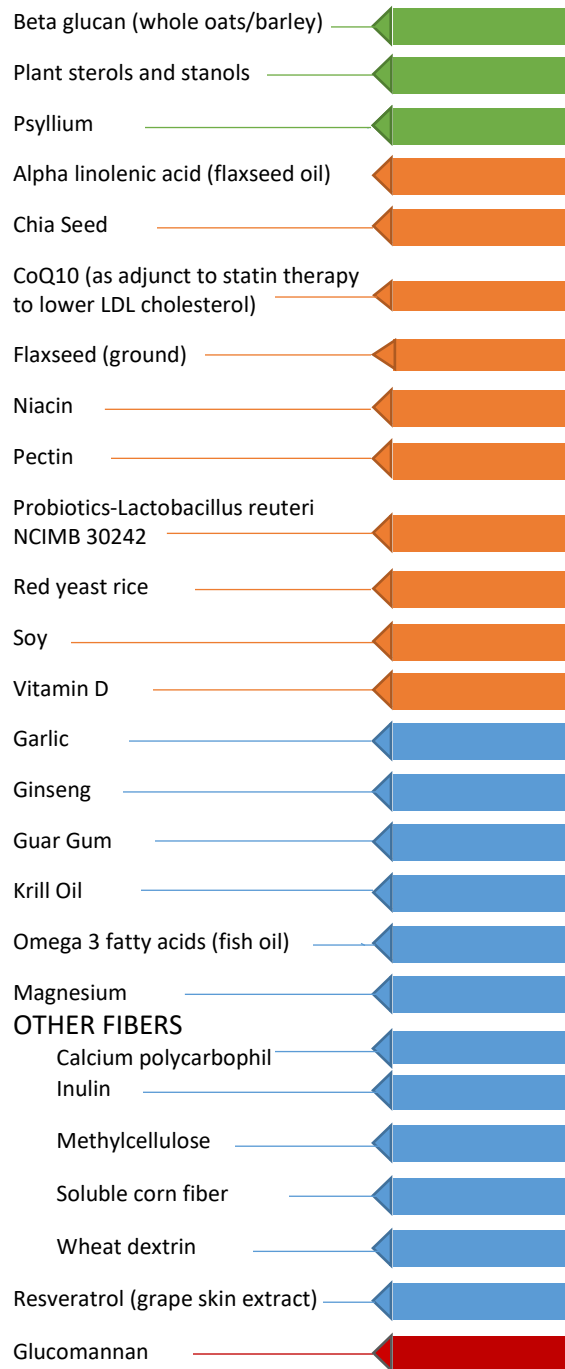
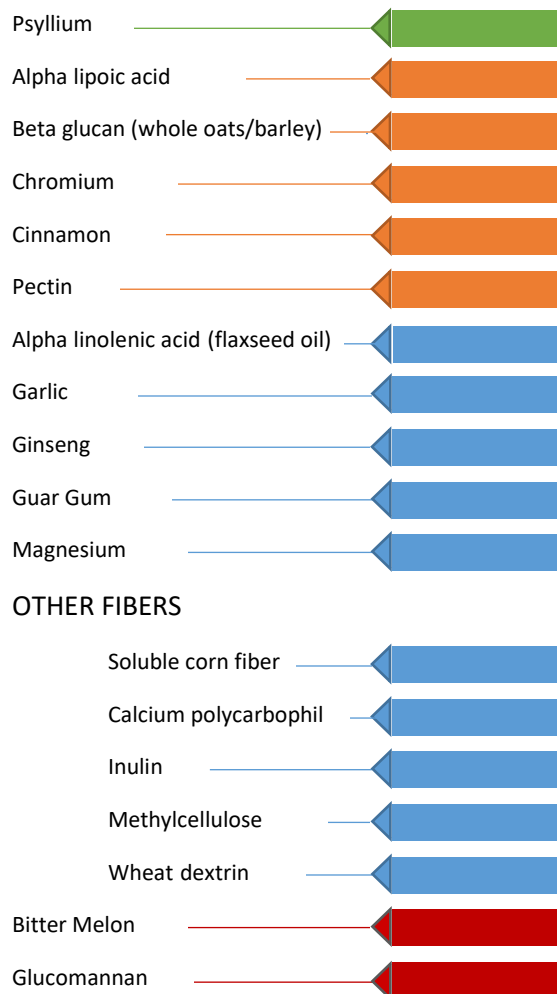


Supplements to Help Manage Total Cholesterol, LDL, and HDL



Supplements to Help Lower Blood Sugar



This downloadable version is compliments of

www.DiabetesEd.net

Supplement Safety Ratings from Cleveland Clinic

Safety Rating Color Key

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.

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

2025