



Policosanol

What Is It?

Policosanol is a well-tolerated mixture of long-chain aliphatic alcohols derived from sugar cane wax, promoting healthy lipid metabolism, triglyceride support, platelet function, and antioxidant protection for cardiovascular health.*

Uses For Policosanol

Lipid And Cardiovascular Support: The promising results of randomized, double blind placebo-controlled trials, including comparative studies, suggest that policosanol supports cardiovascular health. Though the mechanism for cardiovascular support of this substance remains unclear, policosanol may act in part by providing antioxidant protection, promoting healthy platelet function, and supporting healthy lipid metabolism. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the safety and tolerability of policosanol. At the highest dosage recommended by Pure Encapsulations, policosanol may support healthy triglyceride metabolism in some individuals.*

What Is The Source?

Policosanol in this formula is LESSTANOL™ brand natural policosanol derived from sugar cane wax. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 10-40 mg per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Policosanol supports healthy platelet function and may act synergistically with blood-thinning drugs. Caution under these conditions and the close supervision of a health professional are advised.

References:

1. Castano G, Mas R, Fernandez L, Fernandez JC, Illnait J, Lopez LE, Alvarez E. Effects of policosanol on postmenopausal women with type II hypercholesterolemia. *Gynecol Endocrinol* 2000 Jun;14(3):187-95.
2. Crespo N et al. Comparative study of the efficacy and tolerability of policosanol and lovastatin in patients with hypercholesterolemia and noninsulin dependent diabetes mellitus. *Int J Clin Pharmacol Res*. 1999; 19(4): 117-27.
3. Alcocer L, Fernandez L, Campos E, Mas R. A comparative study of policosanol Versus acipimox in patients with type II hypercholesterolemia. *Int J Tissue React*. 1999. 21(3): 85-92.
4. Castano G et al. A long-term study of policosanol in the treatment of intermittent claudication. *Angiology*. 2001 Feb; 52(2): 115-25.
5. Castano G et al. Effects of policosanol 20 versus 40 mg/day in the treatment of patients with type II hypercholesterolemia: a 6-month double-blind study. *Int J Clin Pharmacol Res*. 2001; 21(1): 43-57.
6. Castano G et al. Effects of policosanol in older patients with type II hypercholesterolemia and high coronary risk. *J Gerontol A Biol Sci Med Sci*. 2001 Mar; 56(3): M186-92.
7. Castano G et al. Effects of policosanol and pravastatin on lipid profile, platelet aggregation and endothelium in older hypercholesterolemic patients. *Int J Clin Pharmacol Res*. 1999; 19(4): 105-16.
8. Healthnotes Clinical Essentials. Copyright 2003. Healthnotes, Inc.

(continued)

Policosanol 20 mg.

each vegetable capsule contains



policosanol (from sugar cane wax)	20 mg.
providing (typically):	
1-octacosanol	12-15 mg.
1-triacontanol	0-4 mg.
1-hexacosanol	0.4-6 mg.
1-tetracosanol	0-2 mg.
1-nonacosanol.....	0-2 mg.
1-dotriacontanol.....	0.02-2 mg.
1-tetratriacontanol	0.02-2 mg.
1-heptacosanol.....	0-0.1 mg.

(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, with meals.

Policosanol 10 mg.

each vegetable capsule contains



policosanol (from sugar cane wax)	10 mg.
providing (typically):	
1-octacosanol.....	6-8 mg.
1-triacontanol	0-2 mg.
1-hexacosanol	0.2-3 mg.
1-tetracosanol	0-1 mg.
1-nonacosanol.....	0-1 mg.
1-dotriacontanol.....	0.01-1 mg.
1-tetratriacontanol.....	0.01-1 mg.
1-heptacosanol.....	0-0.06 mg.

(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-4 capsules per day, in divided doses, with meals.