

**RISE:** DO YOU KNOW YOUR L-D-L, H-D-L AND TRIGLYCERIDE LEVELS? I'M RISE JILL MILLER.

FEBRUARY IS AMERICAN HEART MONTH, THE PERFECT TIME TO CHECK YOUR HEART HEALTH. APPROXIMATELY ONE IN EVERY SIX ADULTS HAS HIGH TOTAL CHOLESTEROL, WHICH CAN INCREASE ONE'S RISK OF HEART DISEASE AS COMPARED TO PEOPLE WITH OPTIMAL LEVELS.

**REGISTERED PHARMACIST AND AUTHOR SUZY COHEN:**

**SUZY:** TO KEEP HEART HEALTH IN CHECK, THE NATIONAL CHOLESTEROL EDUCATION PROGRAM RECOMMENDS TWO THOUSAND MILLIGRAMS OF PLANT STEROLS AND STANOLS PER DAY. BUT, THE AVERAGE AMERICAN DIET HAS ONLY ABOUT TWO HUNDRED MILLIGRAMS. TO MAKE UP THE DIFFERENCE, I RECOMMEND NATURE MADE CHOLESTOFF. IT PROVIDES THE ADDITIONAL 1800 MILLIGRAMS NEEDED TO MEET THE RECOMMENDED 2000 MILLIGRAMS, AND WORKS NATURALLY IN THE BODY TO LOWER CHOLESTEROL. CHOLESTOFF IS MADE OF A CONCENTRATED BLEND OF PHYTONUTRIENTS, WHICH ARE FOUND NATURALLY IN FOODS, AND HELPS PREVENT THE ABSORPTION OF DIETARY CHOLESTEROL.

**RISE:** FOR MORE HEART HEALTHY TIPS, VISIT [NATURE MADE DOT COM](http://naturemade.com).