

KIDS SHOULDN'T BE THE ONLY ONES LEARNING SOMETHING NEW THIS FALL. DID YOU KNOW THAT SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH? I'M RISE JILL MILLER.

HAVE YOU THOUGHT ABOUT WAYS TO LOWER YOUR LDL, OR "BAD" CHOLESTEROL LEVEL? HERE'S REGISTERED DIETITIAN AND BEST-SELLING AUTHOR DAVE GROTTO WITH TIPS TO HELP LOWER CHOLESTEROL.

DAVE: WHILE IT'S IMPORTANT TO ELIMINATE TRANS FAT AND REDUCE SATURATED FAT SOURCES IN YOUR DIET, HIGH-QUALITY DIETARY SUPPLEMENTS CAN ALSO HELP YOU ACHIEVE A HEALTHY CHOLESTEROL LEVEL. PLANT STANOL AND STEROL ESTERS MAY REDUCE THE RISK OF HEART DISEASE THROUGH LOWERING CHOLESTEROL. I'M PROUD TO PARTNER WITH NATURE MADE, THE BRAND I RECOMMEND TO MY PATIENTS. NATURE MADE CholestOff® Plus CONTAINS REDUCOL, A BLEND OF PLANT STEROLS AND STANOLS ALSO CALLED PHYTOSTEROLS, AND IS CLINICALLY PROVEN TO LOWER CHOLESTEROL, IN JUST SIX WEEKS!

TALK TO YOUR DOCTOR ABOUT WHICH SUPPLEMENTS ARE RIGHT FOR YOUR NEEDS. FOR MORE INFORMATION ON NATURE- MADE CholestOff® Plus VISIT [NATUREMADE DOT COM](http://NATUREMADE.COM).