

Red Yeast Rice (Thorne's Choleast)

- A fermented product of rice on which red yeast is grown.
- Used for centuries in China.
- HMG-CoA reductase inhibitor activity, contains naturally occurring monacolins.
- Monacolin K, also known as mevinolin or lovastatin, is the ingredient in RYR.

Properties of Red Yeast Rice

- Contains 9 different monacolins that all have ability to inhibit HMG-CoA reductase.
- Other active ingredients include sterols: beta-sitosterol, campesterol, stigmasterol, sapogenin; Isoflavones and mono-unsaturated fatty acids.

Lovastatin in Red Yeast Rice

- It is unlikely that the effects achieved with RYR are solely due to the lovastatin content of the supplement.
- It's more likely that other monacolins, sterols, and isoflavones contribute to the cholesterol lowering effect and reduction of arterial inflammation/hs CRP.
- Lovastatin content in 2.4 g of RYR is 4.8 mg.

Clinical Trials: Red Yeast Rice

- 324 hypercholesterolemic adults given 1.2 g/day RYR x 8 weeks: Cholesterol decreased 23%, LDL 31%, TG 34%; HDL increased 20%.
Wang et al., Cur Ther Res 1997; 58:964-978
- 65 hypercholesterolemic adults given 2.4 g/day RYR x 8weeks: Cholesterol decreased 18%, LDL 23%, TG 16%.
Heber et al., Am J Clin Nutr 1999; 69: 231-236

Side Effects of Red Yeast Rice

- No liver enzyme elevation.
- No renal impairment.
- Infrequent headaches and GI discomfort.
- CoQ-10 depletion? Thorne's Choleast has enough in it.

Dose

- Two Caps before breakfast and two before supper on an EMPTY stomach