

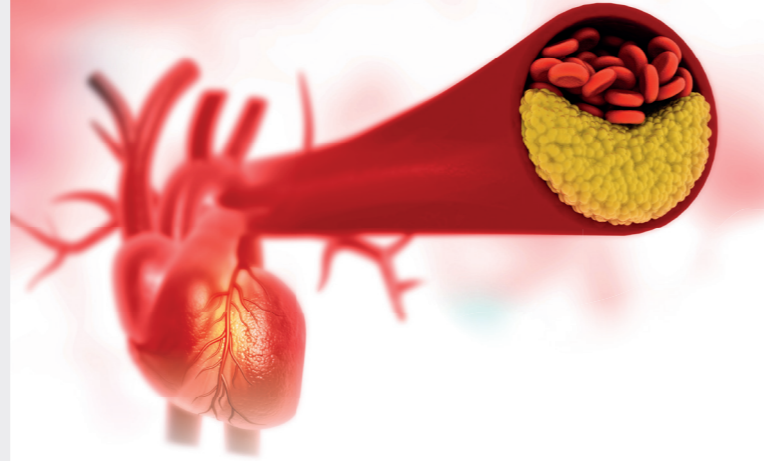
Dear customers,

Problems with the cardiovascular circulatory system are increasing in Germany. This is not due to an unhealthy and a sedentary life-style.

A plant-based diet can support the cardiovascular system. Based on the latest studies, Cholesterinreduktion was developed by Dr. Wolz, which uses high-quality oat beta glucans in a completely natural way to support the reduction of cholesterol levels in the blood¹. Lowering elevated blood cholesterol levels can reduce the risk of coronary heart disease.¹



Dr. med. Dipl.-Ing. Georg Wolz
Biotechnologist and nutritionist



High cholesterol as a risk factor

Cholesterol is a fat-like substance that is found in the cell membrane of the human body. 90 percent of cholesterol is produced by the body itself and a 10 percent is taken in with food. Cholesterol, for example, provides the basic structure for the hormone cortisol and vitamin D and is the basic substance for bile acids and cell membranes. Cholesterol is therefore vital for our bodies.

But: If there is too much cholesterol in the blood - in the case of hypercholesterolemia, this increases the risk of coronary heart disease. The total cholesterol level should therefore be below 200 mg/dl (or 5 mmol/l) and LDL cholesterol below 130 mg/dl. In addition to more exercise and a change in dietary habits lowering the cholesterol level in the blood is also an important measure.

Bioactive beta-glucans from oats

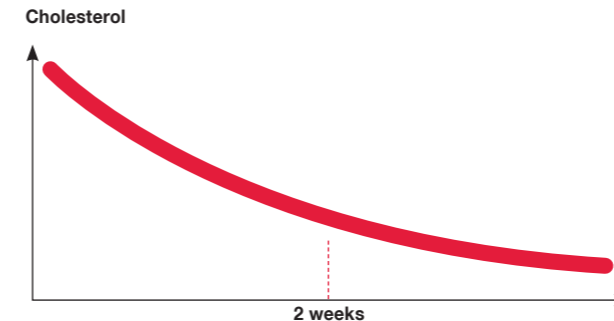
Oats have been a healthy part of the diet for more than 2000 years. This is based on a water-soluble dietary fiber, the so-called bioactive oat beta-glucan, which forms a gel in the intestine and thus absorbs cholesterol and excretes

it. Dr. Wolz uses very special oats from Scandinavia with a particularly high proportion of the cholesterol-lowering beta glucans. In the far north, oats find optimal conditions for ripening. During the growth phase, it needs a moist, cool climate with plenty of rain and sunshine as well as plenty of light and long days during the ripening period. Only the combination of a special type of oat with the Nordic climate and a special preparation result in the desired high beta-glucan content in the oats of approx. 22 percent. Commercially available oats contain only 3 to 5 percent. In many clinical trials the cholesterol-lowering effect of a daily consumption of 3 g of oat beta-glucan is proven. The cholesterol-lowering effect occurs within a few weeks.



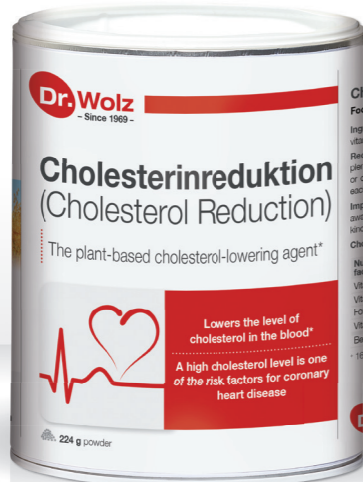
The scientific panel of the European Food Safety Authority (EFSA) has confirmed that:

Oat beta-glucan has been proven to reduce the cholesterol level in the blood. Lowering the cholesterol level can reduce the risk of coronary heart disease.



Cholesterinreduktion

- To reduce the cholesterol level in the blood¹
- For a healthy heart function and blood retention^{2, 3}
- Plant-based



Supplementation with B vitamins

The oat beta-glucans are supplemented by selected B vitamins, which fulfill important functions for the heart and circulation. These include vitamin B1, which contributes to a normal heart function², vitamins B6 and B12, which contribute to the normal formation of red blood cells³ and folic acid, which supports normal homocysteine metabolism and normal blood formation.⁴

TIP: Cholesterinreduktion Dr. Wolz also tastes good if you sprinkle it over muesli or cereals with milk in the morning. Or you can prepare yourself a delicious milkshake with Cholesterinreduktion Dr. Wolz and seasonal fruit. Lactose-free milk and soy milk can also be used. The combination with juices of your choice or still water is also possible.

¹ Oat beta-glucans have been proven to reduce the cholesterol content in the blood. A high cholesterol level is one of the risk factors for coronary heart disease. For the positive effect, a daily intake of 3 g of oat beta-glucans is necessary.
² Vitamin B1 contributes to a normal heart function.
³ Vitamin B6 and vitamin B12 contribute to the normal formation of red blood cells.
⁴ Folic acid contributes to a normal homocysteine metabolism and normal blood formation.

