

# Nutritional Recommendations for High Cholesterol (Hypercholesterolemia)

1. Chromium picolinate 200 mcg with Niacin 50-100 mg



(flushing type) have a synergistic effect at lowering cholesterol levels and enable the dose of niacin to be reduced without reducing its effects.

2. Vitamin E 800 IU daily. Vitamin E causes an increase in HDL. May be taken with Selenium 200 mcg, which has a synergistic effect with vitamin E.
3. L-Carnitine, Taurine, and 50-200 mg per day of Co-Q10 may improve the ratio of high density lipoproteins (HDL) and low density lipoproteins (LDL).