

Product Information

Policosanol is a mixture of alcohols isolated and purified from sugar cane (*Saccharum officinarum* L). It consists mainly of 66 percent octacosanol, 12 percent triacosanol, and 7 percent hexacosanol. Other alcohols, namely tetracosanol, heptacosanol, nonacosanol, dtricosanol and tetratriacntanol, are minor components. Recently, researchers in Cuba have shown that policosanol is effective at improving serum lipids by lowering total cholesterol (TC) and low-density lipoprotein (LDL), while raising high-density lipoprotein (HDL). High serum cholesterol is currently a major health risk of heart diseases, the leading cause of death in USA. 71 million American adults have high low-density lipoprotein (LDL), or “bad” cholesterol. Lowering the high cholesterol level can reduce the risk of having a heart attack, needing heart bypass surgery or angioplasty, and dying of heart disease. However less than half of adults with high LDL cholesterol get treatment because high cholesterol has no symptoms, so many people don’t know that their cholesterol is too high. Because of the high medical needs, extensive research and development have produced potent therapeutic agents called ‘statins’. Although these ‘statins’ have effects on lowering the high cholesterol, however they have many side effects such as muscle aches, tenderness, weakness (myalgia), abdominal cramping or pain, bloating or gas, flushing of the skin, headache, nausea or vomiting. Interestingly, recent studies show that 5-20mg daily dosing of policosanol is effective at improving serum lipid profiles by inhibiting cholesterol synthesis and increasing LDL processing. Lipid profile improvements are seen in healthy volunteers, patients with type II hypercholesterolemia, type 2 diabetes with hypercholesterolemia, postmenopausal women with hypercholesterolemia, and patients with combined hypercholesterolemia and abnormal liver function. Additionally, policosanol has performed equal to or better than simvastatin, pravastatin, lovastatin, probucol, or acipimox with fewer side effects. Policosanol also decreases several other risk factors of cardiovascular disease by decreasing LDL oxidation, platelet aggregation, endothelial damage, and smooth muscle cell proliferation. Thereby, Inertia Nature, Inc. have produced Policosanol supplement using high quality ingredient containing higher aliphatic primary alcohols.



Uses & Benefits

Policosanol appears to be safe and effective supplement that can be used to lower several cardiovascular disease risk factors. Doses of 5-20 mg/day policosanol have resulted in decreased total cholesterol, LDL, and LDL/HDL ratios, and increased HDL. Additionally, policosanol has beneficial effects on platelet aggregation, LDL oxidation, intermittent claudication, liver function, and symptoms of cardiovascular disease, while displaying virtually no side effects. Especially intermittent claudication, causing leg pain due to poor blood circulation can be treated by policosanol. Treated patients can walk without pain. Policosanol dosing is also beneficial to the people with high cholesterol and with clogged arteries.

Side Effects & Safety

Toxicological studies on animals indicate policosanol is safe up to 500 mg/kg/day, a dose that is 1500 times the normal human dose of 20 mg/day. Post-marketing studies monitoring a large number of people show that policosanol is very safe for most people when taken by mouth in doses of 5-80 mg daily for up to 3 years. It can cause in a small population, skin redness and rash, migraines, insomnia, irritability, dizziness, weight loss, and other side effects.

Specific Precautions & Warning:

- **Pregnancy and breast-feeding:** There is not enough reliable information about the safety of taking policosanol if you are pregnant or breast-feeding. Stay on the safe side and avoid use.
- **Bleeding disorders:** Policosanol can slow blood clotting and might increase the chance of bleeding in people with bleeding disorders
- **Surgery:** Because this product can slow blood clotting. There is concern that it might increase the chance of extra bleeding during and after surgery. Stop taking the product at least 2 weeks before a scheduled surgery.

Interactions: Policosanol might slow blood clotting. Taking policosanol along with medications that also slow clotting might increase the chances of bruising and bleeding. Some medications that slow blood clotting include aspirin, clopidogrel, diclofenac, ibuprofen, naproxen, dalteparin, enoxaparin, heparin, warfarin, and others.



Dosing:

The appropriate dose of policosanol depends on several factors such as the user's age health and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for the product. Keep in mind that natural products are not always necessary safe and dosages can be important. Be sure to follow relevant direction on the product label and consult your pharmacist or physician or other Healthcare professional before using.