

# Red Yeast Rice



## Clinical Applications

Supports the health of the cardiovascular system:

*The yeast Monascus purpureus, grown on rice, is known in the nutritional industry as Red Yeast Rice (RYR). In many Asian countries, it is a dietary staple. In Traditional Chinese Medicine (TCM), Red Yeast Rice has been utilized for thousands of years. In addition to its functional impact on blood lipids, it has been implicated in the support of digestion, blood movement, and the strengthening of the spleen. To ensure safety our Red Yeast Rice is screened for the mycotoxin citrin.*

All Omnivits Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Fueled by extensive studies, scientific evidence demonstrating the safety, tolerability, and efficacy of red yeast rice (RYR) continues to mount.<sup>[1-6]</sup> The first use of RYR was documented in 800 A.D., during the Tang Dynasty. Subsequently, during the Ming Dynasty (1368-1644), the manufacturing process was published in the ancient Chinese pharmacopoeia. The typical Asian diet contains 14-55 grams of naturally occurring RYR per day.<sup>\*[7]</sup>

The potential benefits of consuming RYR or its supplement form, RYRE (red yeast rice extract), are multifaceted. In Traditional Chinese Medicine, the powdered form is called Hong Qu, Hong Mi, or Chi Qu. Considered sweet, acidic, and warm, it is used to strengthen the spleen and stomach, thereby promoting digestion, invigorating blood circulation, and eliminating blood stasis.<sup>[8]</sup> In vitro work suggests that RYR downregulates adipogenic transcription factors, such as PPAR gamma and other genes that differentiate adipocytes.<sup>\*[9]</sup>

Researchers believe that certain fermentation products of RYR influence enzymes involved in cholesterol biosynthesis. In addition, a study utilizing hamsters concluded that "the activity of RYR is, at least, partially mediated by enhancement of acidic sterol excretion."<sup>[10]</sup> RYR also contains various pigments, tannins, phytochemicals such as sterols and isoflavones, and mono-unsaturated fatty acids, all of which may work synergistically with the active fermentation products.<sup>\*[3,8]</sup>

Since 1996, there have been no fewer than nine randomized, controlled RYR/RYRE trials involving thousands of subjects. Studies since the 1970s have demonstrated that RYRE supports healthy blood lipid levels already in the normal range. The medical literature associated with these studies includes comparative, case series, and dosing studies.<sup>[1-12]</sup> Because there is evidence that use of RYR can deplete coenzyme Q10, co-supplementation is recommended.<sup>\*[13]</sup>

**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**



# Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrates	2 g	<1%*
Red Yeast Rice	2,400 mg	†

† Daily Value not established

\* Percent Daily Values are based on a 2,000 calorie diet

**Other ingredients:** Capsule shell (gelatin and water), and magnesium stearate (vegetable source).

## References:

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12. Gordon RY, Becker DJ. The role of red yeast rice for the physician. *Curr Atheroscler Rep.* 2011 Feb;13(1):73-80. Review. [PMID: 21061097]
13. Vercelli L, Mongini T, Olivero N, et al. Chinese red rice depletes muscle coenzyme Q10 and maintains muscle damage after discontinuation of statin treatment. *J Am Geriatr Soc.* 2006 Apr;54(4):718-20. [PMID: 16686894]

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This product is gluten and dairy free.

**Direction:** Three (3) capsules each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.