

# Red Yeast Rice

Optimal Wellness  
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Red Yeast Rice



## Clinical Applications

- Supports Healthy Blood Lipid Levels Already in the Normal Range\*
- TCM: Supports Healthy Digestion, Blood Circulation, Spleen/Stomach Health\*

*Red Yeast Rice is developed by fermenting *Monascus purpureus* (red yeast) on commercially grown rice. It has been found to naturally support healthy blood lipid levels already in the normal range. For your safety, this formula is free of citrinin—a mycotoxin produced by yeast.\**

All Optimal Wellness 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>

In its natural state, RYRE may contain a secondary metabolite of the *Monascus* species called citrinin, which is a mycotoxin.<sup>[2]</sup> Accordingly, Optimal Wellness carefully tests and documents every batch of RYRE raw material to assure its safety. Repeated analysis has found Optimal Wellness’s Red Yeast Rice to be so well within the limits of safety that it earns the designation “citrinin-free.”<sup>\*[14]</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: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Red Yeast Rice ( <i>Monascus purpureus</i> )(seeds)	900 mg	**

\*\* Daily Value not established.

**Other Ingredients:** HPMC (capsule), stearic acid, magnesium stearate, and silica.

## Directions

Take one capsule daily, or as directed by your healthcare practitioner.

Individuals that have liver disease, have had an organ transplant, or are taking prescription drugs should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

## Cautions

Do not take if pregnant or lactating. Red yeast rice may deplete the body of CoQ10.

## References

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10. Ma KY, Zhang ZS, Zhao SX, et al. Red yeast rice increases excretion of bile acids in hamsters. *Biomed Environ Sci.* 2009 Aug;22(4):269-77. [PMID: 19950521]
11. Halbert SC, French B, Gordon RY, et al. Tolerability of red yeast rice (2,400 mg twice daily) versus pravastatin (20 mg twice daily) in patients with previous statin intolerance. *Am J Cardiol.* 2010 Jan 15;105(2):198-204. [PMID: 20102918]
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]
14. Assay available upon request.

## Does Not Contain

Wheat, gluten, corn, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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