DUOLIFE Metabolism - Cholesterol pack

DUOLIFE Metabolism - Cholesterol pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

Cholesterol is an essential substance needed for the body to function properly. It is supplied with food. Sources of cholesterol include animal fats, animal products, eggs and dairy products. Cholesterol is a building block of cell membranes and is involved in hormone synthesis. In addition, it is essential for the production and absorption of vitamin D3.

We can identify two types of cholesterol: LDL and HDL (so-called 'bad' and 'good' cholesterol, respectively). Poor diet, insufficient physical activity, unhealthy habits and genetic predispositions can lead to the accumulation of excessive amounts of 'bad' cholesterol. An excessively high level of LDL ('bad') cholesterol in relation to HDL ('good') cholesterol disturbs normal functioning of blood vessels. Maintaining optimal blood cholesterol levels is, therefore, essential for proper functioning of the body.

The Metabolism - Cholesterol functional pack contains*:

DUOLIFE Chlorofil,
DUOLIFE Day and Night,
DUOLIFE RegenOil Liquid Gold®,
ProSelect®,
ProDeacid®,
ProCholterol®,
DUOLIFE Fiber.

Recommended use of the food supplements from the Metabolism - Cholesterol Pack:**

In the morning:

DUOLIFE Day - 25ml with breakfast,
DUOLIFE Fiber – 25 ml with breakfast (take with a glass of liquid)
DUOLIFE RegenOil Liquid Gold® - 5ml with breakfast (can be added to lunch or salad);
ProDeacid® - 2 capsules at least one hour after breakfast[***].

During dinner:
ProSelect® - 2 capsules before dinner.
DUOLIFE Chlorofil - 20 ml at dinner time or throughout the day dissolved in a bottle of water.

In the evening:
ProCholterol® - 2 capsules after supper;
DUOLIFE Night 25ml with meal,

Want to learn more?

Risk factors for cardiovascular diseases include obesity, smoking, lack of physical activity and metabolic syndrome. However, the main risk factor is high LDL cholesterol levels in the blood, most often resulting from a poor diet. For this reason, a balanced diet rich in high-fibre vegetables and fruit and low in saturated fatty acids, can help ensure proper functioning of the cardiovascular system.

According to the World Health Organization (WHO), the recommended daily intake of dietary fiber for adults should be 20-40 g[1]. Meanwhile, the average daily fiber consumption in Poland in 2016 was only 15.4 g per person[2]. Scientific observations show that societies consuming higher amounts of dietary fiber (up to 30-40 g a day) have lower rates of digestive, circulatory and immune problems, and related health issues [1-3].

"Good" and "bad" cholesterol. These terms have become quite popular recently. This is because cholesterol has gained notoriety and is mainly associated with restrictive diets. But what is the truth? What is actually the difference between "bad" and "good" cholesterol?

These commonly used terms have their origin in the lipoproteins present in blood plasma, which are a combination of fat and protein molecules. Cholesterol can be transported in this form in the body. The LDL fraction differs in composition and function from the HDL fraction. LDL stands for low-density lipoproteins, the function of which is to transport cholesterol to peripheral tissues. In contrast, the HDL fraction is characterised by high density and is responsible for transporting cholesterol from tissue cells to the liver for reuse or excretion. For this reason, it is so important to keep LDL cholesterol levels low and HDL levels higher.

Dietary recommendations

The diet has been developed by a clinical dietitian and a personal trainer. It contains detailed information on proper nutrition and recommended foods, as well as a shopping list for the entire week. It can be easily adjusted to individual calorie intake requirements.

[*] *When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack.*

** *Recommended duration of supplementation: 3 months*

*** *We recommend to wait about 4h between the doses of ProDeacid® and medications.*