Red Yeast Rice
(Monascus purpureus)

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. The major components of RYR are the monacolins. In Traditional Chinese medicine (TCM), Red Yeast Rice has been utilized for thousands of years. To ensure safety Biotics Research’s Red Yeast Rice is screened for the mycotoxin citrin. Interestingly, the yeast in Red Yeast Rice is inactive.

**Red Yeast Rice** (product #8000) is available as a stand alone product, but is also available in Dr. Houston’s Lipid Kit (product #1097), a combination of Lipid-Sirt®, for optimal lipid profiles, Niacin 100™, and Red Yeast Rice.

“Red Yeast Rice has been extensively studied and its benefits have been reported in the Annals of Internal Medicine. It is part of my recommended protocol to support cardiovascular health.” - Mark Houston, MD, MS, ABAARM, FACP, FAHA, Associate Clinical Professor of Medicine at the Vanderbilt School of Medicine, Director of the Hypertension Institute at St. Thomas Hospital, Nashville, TN

**Cautionary Note:** This product should not be taken by those having kidney or liver disease. Discontinue use if any adverse reactions occur including muscle pain, weakness or rash. Do not take this product if you are pregnant or lactating. Caution is advised for those with bleeding disorders, or those taking drugs that may increase the risk of bleeding, and in those taking more than 2.4 g daily for periods longer than 12 weeks.

**Supplement Facts**

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<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 30</th>
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<td>Red Yeast Rice</td>
<td>2,400 mg†</td>
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† Daily Value not established

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

RECOMMENDATION: Three (3) capsules each day as a dietary supplement or an otherwise directed by your healthcare professional.

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KEEP OUT OF REACH OF CHILDREN

Sealed with an imprinted foil seal for your protection.

Red Yeast Rice is available in bottles of 90 capsules (#8000)