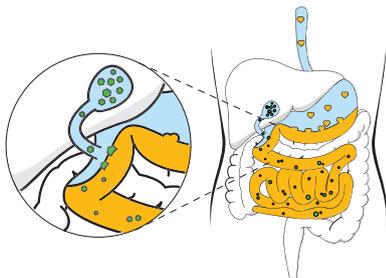


Beta-glucans and Cholesterol Lowering

What are Beta-glucans?

Beta-glucans are type of fibre (known as soluble fibre) found mainly in oats and barley.

When eaten, beta-glucans form a gel which binds with bile acids in your digestive system. These bile acids are then excreted in your stools. Bile acids contain LDL ('bad') cholesterol. By binding to bile acids, beta-glucans prevent cholesterol from being reabsorbed by the body. The liver also has to take more cholesterol from the blood to replace cholesterol in your bile acids. Together, these actions help to lower cholesterol levels in your blood.



How much do I need to eat?

Studies have shown that you need 3g of beta-glucans per day to have a significant cholesterol lowering effect. This amount is found in about 1.5 cups of cooked oats or 1.25 cups of cooked barley.

Do I need to make other dietary changes?

Betaglucare is best combined with other dietary changes for cholesterol-lowering including:

- Replacing saturated fats (found in animal foods, palm and coconut oil) with unsaturated fats found in foods like nuts, seeds, avocado and olive oil.
- Consuming other foods high in soluble fibre regularly including legumes, some fruits and vegetables, and other wholegrains.
- Eating at least 5 serves of vegetables and 2 serves of fruit each day.

What is Betaglucare?

Betaglucare is a food product made from Scandinavian oats which can help with cholesterol lowering.

Betaglucare is a concentrated source of beta-glucan - one sachet provides 3g of beta-glucans. This can make it easier to consume the amount needed for a cholesterol-lowering effect, particularly if you don't regularly eat oats or barley.

Betaglucare is also made from a special type of oats which contain a form of beta-glucan which has been found to be more effective at cholesterol lowering.

Does Betaglucare have any side effects?

Some people may experience mild bloating and increased regularity because of the high fibre content. Any symptoms are usually mild and reduce within a week with adequate fluid intake.

Does Betaglucare interact with medications?

There are no known interactions with medications.

Does Betaglucare replace medications?

No but Betaglucare may be consumed to complement your cholesterol-lowering medications, or may be an alternative to medication if your cholesterol levels are only slightly elevated. It is essential to discuss any changes in your medications with your doctor.

How do I take Betaglucare?

The products can be consumed in different ways but suggestions include 1 sachet of crisp hearts eaten with milk or yoghurt and fruit or 1 sachet of powder made into a fruit smoothie for breakfast.

Where can I buy Betaglucare and what is the cost?

Betaglucare can be purchased through pharmacies or online at www.betaglucare.com.au/shop

The RRP for a 4 week supply (28 daily sachets) is \$39 or \$1.40 per daily sachet.

