Red Yeast Rice

**CLINICAL APPLICATIONS**

- Supports Healthy Blood Lipid Levels
- TCM: Supports Healthy Digestion, Blood Circulation, Spleen/ Stomach Health

Red Yeast Rice is developed by fermenting Monascus purpureus (red yeast) on commercially grown rice. The resulting fermented product contains at least nine naturally occurring compounds called monacolins. The rice and yeast are then ground into a red powder. This formula is citrinin-free.\(^1\)

All Health Tools® 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.\(^{[2-6,12]}\) 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.\(^7\)

The potential benefits of consuming RYR or its supplement form, RYRE (red yeast rice extract), are multi-faceted. 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.\(^8\) In western medicine, RYR has been shown to down-regulate adipogenic transcription factors such as PPAR gamma and other genes that differentiate adipocytes.\(^9\)

Researchers believe the most active constituents of RYR are its various monacolins, particularly monacolin K, which the body converts to β-hydroxy acid. A study utilizing hamsters concluded that “the activity of RYR is, at least, partially mediated by enhancement of acidic sterol excretion.”\(^{[10]}\) 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 monacolins.\(^{[4,8]}\)

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 provides healthy lipid level support. The medical literature associated with these studies includes comparative, case series, and dosing studies.\(^{[6-12]}\)

In its natural state, RYRE may contain the mycotoxin, citrinin, a secondary metabolite of the monascus species.\(^{[5]}\) Accordingly, Health Tools\(^\text{®}\) carefully tests and documents each and every batch of RYRE raw material to comply with strict limits for citrinin (in ppb) and to assure its safety. Repeated analysis has found Health Tools\(^\text{®}\)’s Red Yest Rice to be so well within the limits of safety that it earns the designation, “citrinin-free.”\(^{[11]}\)
Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

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<tr>
<th>Amount Per Serving</th>
<th>%Daily Value</th>
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<tbody>
<tr>
<td>Red Yeast Rice Extract</td>
<td>900 mg</td>
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** Daily Value not established.

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

REFERENCES

1. Assay available upon request

CAUTION:

Red yeast rice extract is considered to be safe when taken as directed. Practitioners should consult a reliable professional reference for detailed information before recommending this formula. RYRE should not be prescribed to patients who are allergic to yeast or rice, or to patients who are taking drugs that inhibit HMG-CoA reductase. Women who are pregnant, trying to conceive, or breast feeding, as well as individuals with liver disease or organ transplants should also avoid RYRE. There is insufficient evidence to recommend this formula for children under 18 years of age. Take caution with drugs that affect GABA. The potential for other drug interactions also exists. Herbs that inhibit cytochrome p450 may increase the chance of muscle or kidney damage if taken with RYRE. [7]