

## Beni Koji RYR

### DESCRIPTION

Beni Koji RYR from Douglas Laboratories supplies organic red yeast rice that is known to help support healthy blood lipid levels.

### FUNCTIONS

Red Yeast Rice, *Monascus purpureus*, has been used as a supplement in Asia for more than 1,000 years. Traditionally used for supporting blood cholesterol/lipid levels, it may also support proper digestion, blood circulation, and spleen and stomach health. †

Red yeast is the product of rice fermented with *Monascus purpureus* yeast. Red yeast rice supplements are manufactured by culturing *M. purpureus* on rice at carefully-controlled temperature and growing conditions to increase the concentration of mevinic acids. Red yeast contains ten mevinic acids, also known as monacolins. Red yeast also contains sterols, including beta-sitosterol, campesterol, stigmasterol, and sapogenin; isoflavones and isoflavone glycosides; and monounsaturated fatty acids, all beneficial to cardiovascular health. Studies have demonstrated that red yeast rice provides support of healthy lipid levels.

### INDICATIONS

Beni Koji Red Yeast Rice is a useful dietary supplement for those individuals wishing to maintain healthy cholesterol metabolism.

### FORMULA (#83339)

Two gelatin capsules provide:

Organic Red Rice Yeast.....1,000 mg  
(*Monascus purpureus*)

This red yeast rice material is USDA certified organic, Kosher, and tested to ensure the citrinin, an unwanted compound, is below 1 ppm.

This product contains NO gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

### SUGGESTED USE

Adults take two capsules twice daily with food or as directed by your health care professional.

### CAUTION

Pregnant and lactating woman should avoid this product. Do not take this product if you are allergic to yeast or rice, are taking drugs that inhibit HMG-CoA reductase, or have liver disease or organ transplant.

### SIDE EFFECTS

Since red yeast rice can contain monacolin constituents, red yeast has the potential to cause elevated liver enzymes and myopathy.

### POTENTIAL INTERACTIONS

Theoretically, red yeast might lower coenzyme Q-10 levels. It is suggested to take 50-100 mg of coenzyme Q-10 with this product. Avoid consuming grapefruit products, as they might increase the serum levels of monacolins in people who take red yeast. Taking red yeast with other hepatotoxic herbs and supplements might increase the risk of liver damage.

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### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Becker DJ, Gordon RY, Halbert SC, et al. Red yeast rice for dyslipidemia in statin-intolerant patients: A randomized trial. *Ann Intern Med* 2009;150:830-9.

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**For more information on Beni Koji RYR visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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