

# Comparison of Bios Life with Prescription Drugs

## Statins

### INDICATIONS:

- High Cholesterol
- Primary prevention of coronary events in patients with high cholesterol without evidence of clinically active coronary artery disease
- High cholesterol patients with clinically evident coronary heart disease (MI, angina, heart cath)
- To slow progression of coronary arteriosclerosis
- Reduce risk of acute coronary events

### CONTRAINDICATIONS:

- Active liver disease
- Unexplained elevated liver enzymes
- Pregnancy
- Nursing mothers

### PRECAUTIONS:

- Monitor liver function before and during therapy
- History of liver disease
- Alcoholism, chronic alcohol use
- Endocrine dysfunction
- Myopathy (inflamed muscles)
- Elevated muscle enzymes
- Renal failure

### INTERACTIONS:

- Avoid concomitant gemfibrozil, erythromycin, Immunosuppressant, nicotinic acid
- Monitor protime with Coumadin
- Additive effects with cholestyramine, colestipol
- May be potentiated by cimetidine, rantidine, omeprozole, itraconazole, ketoconazole
- Monitor digoxin, oral contraceptives

### ADVERSE REACTIONS:

- Myalgias (sore muscles)
- GI upset, abdominal pain
- Headaches
- Rash, pruritus (itching)
- Elevated liver blood tests
- Muscle breakdown with renal kidney failure
- Chest or musculoskeletal pain, arthralgias
- Fatigue
- Cough
- Flu-like symptoms
- Flatulence (rectal gas)
- Dizziness
- Blurred vision
- Insomnia
- Male impotence
- Asthenia
- Lowered co-enzyme Q-10 (as much as 40%)

## Bios Life

### INDICATIONS:

- High cholesterol and lipids
  - Reduction total cholesterol
  - Reduction LDL cholesterol (bad cholesterol)
  - Increasing HDL cholesterol (good cholesterol)
  - Lowering triglycerides
- Significant cardiovascular risks
- Strong family history (high risk)
- Known coronary disease (high risk)
- Slowing progression or reversing coronary arteriosclerosis
- Appetite control (weight management)
- Regulation of glucose metabolism (diabetes, pre-diabetes)
- Reducing risk of colorectal cancer
- Reducing risk of breast cancer
- Reducing risk of prostate cancer
- Prevention of constipation
- Prevention of diverticular disease of colon
- Reduction of blood pressure

### CONTRAINDICATIONS:

- None

### PRECAUTIONS:

- None

### INTERACTIONS:

- All prescription drugs should be taken one hour before or two hours after Bios Life if they are to be taken on empty stomach.

### ADVERSE REACTIONS:

- Flatulence