

 **Questions you may have:****Who can use GlucaChol-22™ with OatWell™?**

- GlucaChol-22™ with OatWell™ is suitable for the entire family and for all health-conscious people who want to positively influence their blood cholesterol levels
- It is a 100% concentrated oats powder and has no side-effects therefore it is suitable for everyone
- It is also safe for children, diabetics and pregnant and lactating women
- GlucaChol-22™ with Oatwell™ is **not suitable** for people that are gluten intolerant

**What is cholesterol?**

- Cholesterol is a natural part of our body. It is a waxy fat-like substance which is largely produced by the body itself. There are 2 sources of cholesterol:
  - 1) the liver, which produces around 1 gram of cholesterol per day and
  - 2) the diet
- Cholesterol is used to form cell membranes, important hormones, bile acid and vitamin D, which is important for the bones
- Too much cholesterol in the blood can increase your risk of heart and circulatory disease
- Cholesterol is carried in the blood attached to proteins called lipoproteins. There are two main forms:
  - LDL (Low Density Lipoprotein) often referred to as "bad" cholesterol because too much is unhealthy
  - HDL (High Density Lipoprotein) often referred to as "good" cholesterol because it is protective

**What is a normal cholesterol level?**

- According to current recommendations, your total cholesterol level should not exceed 5.0 mmol/l

**To what extent does GlucaChol-22™ with OatWell™ affect the LDL cholesterol level?**

- More than 100 scientific studies have been carried out and published in well-known scientific journals regarding the effect of oat beta-glucan on the cholesterol level in the blood
- Studies involving various foodstuffs (breakfast cereals, bread, cakes and pastries, drinks, pasta, snacks, etc.) have shown that oat beta-glucan can reduce the unwanted LDL cholesterol level by up to 10%. The HDL cholesterol level remains unaffected

**How long does it take until the cholesterol level changes?**

- Daily intake of GlucaChol-22™ with OatWell™ may reduce the risk of coronary heart disease by reducing blood cholesterol levels. This may occur within a few weeks
- In order to achieve the best results, a regular intake over a longer period of time is recommended

**Can GlucaChol-22™ with OatWell™ be used in combination with cholesterol-lowering medication?**

- You should consult your doctor or a registered dietitian before consuming cholesterol-reducing foodstuffs if you are taking drugs to lower your cholesterol level

**What happens when I stop eating GlucaChol-22™ with OatWell™?**

- The positive effects on the cholesterol level are only effective for as long as the product is consumed
- If GlucaChol-22™ with OatWell™ is no longer consumed the cholesterol levels return to the original value

**What should I also pay attention to?**

- An increased cholesterol level is just one of the risk factors of coronary heart disease
- The effects of oat beta-glucan on the cholesterol level can be supported through a balanced and varied diet, not smoking, sufficient exercise and body weight control

**Can I also eat GlucaChol-22™ with OatWell™ when my cholesterol level is normal?**

- Yes, GlucaChol-22™ with OatWell™ contains dietary fibres - such as oat beta-glucan - which play an important role in a balanced diet
- The South African Guidelines for Healthy Eating recommend that everyone should have a fibre intake of at least 25g per day to ensure healthy functioning of the gut, as well as decreased risk for lifestyle associated chronic diseases

**Are there any side effects when taking GlucaChol-22™ with OatWell™?**

- Gut discomfort / bloating due to increased fibre intake when starting with GlucaChol-22™ with OatWell™ may be experienced
- It is a 100% concentrated oats powder and has no side-effects therefore it is suitable for everyone
- GlucaChol-22™ with Oatwell™ is **not suitable** for people that are gluten intolerant.
- Remember to drink enough water to ensure maximum benefit. 6 - 8 glasses recommended per day

 **In Conclusion:**

- Ideal for people with high LDL cholesterol levels
- GlucaChol-22™ with Oatwell™ is the food based choice to reduce the risk of heart disease
- 1 ½ scoops of GlucaChol-22™ with Oatwell™ made from premium Swedish oats provides 3g of active oat beta-glucan. 3g oat beta-glucan, as part of a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart disease by reducing blood cholesterol
- What's more ... it is so convenient!

**Love your heart and keep the life you love!** 

For more information: Consult your health care professional or registered dietitian for professional advice

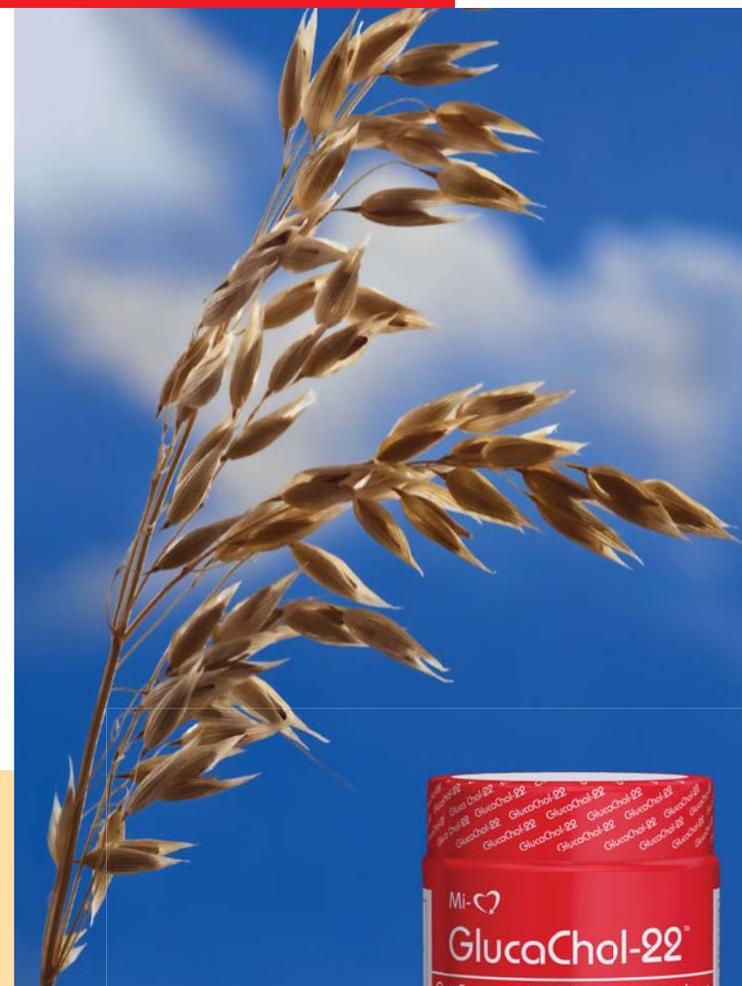
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**For a healthy heart**

- Reduces blood cholesterol levels
- Very high in fibre
- Effective within weeks



 **Everything the heart desires**

Improving your diet is an important step towards preventing heart disease. Cholesterol is a risk factor for heart disease along with high blood pressure, smoking and being overweight. Heart disease may be a leading killer but that does not mean you can't protect yourself.

Did you know that in South Africa 1 out of 4 people have high levels of cholesterol which could lead to heart disease?

GlucaChol-22™ with OatWell™ is the food based choice to control your cholesterol as it contains soluble fibres that actively reduce your bad cholesterol everyday.

 **What is GlucaChol-22™ with Oatwell™?**

- GlucaChol-22™ with OatWell™ is a 100% concentrated oat bran powder made from oats
- GlucaChol-22™ with OatWell™ contains high concentrations of valuable **oat beta-glucans**, soluble dietary fibres, which are the active ingredients in oats that may reduce the risk of coronary heart disease by reducing blood cholesterol levels

 **What is oat beta-glucan?**

- Oats are grass-like cereal grains. Oats have a soft kernel. The protective hull is not edible and is removed before processing (Diagram 1). The remaining oat kernel contains large quantities of protein, soluble dietary fibres (also known as **oat beta-glucan**) and unsaturated fatty acids, as well as several vitamins and minerals
- Oats contain these soluble dietary fibres, **oat beta-glucans**, at a particularly high level. The beneficial properties of oats are largely attributed to the **oat beta-glucans**

**Diagram 1: Oat kernel**

- 1: Hull  
2: Bran  
3: Endosperm  
4: Germ  
A: Beta-glucan

 **How does GlucaChol-22™ with OatWell™ differ from oats & oat bran?**

- The beneficial properties of oats are largely attributed to the soluble fibres found in oats, which are called **oat beta-glucans**
- As demonstrated in the picture below:
  - Oats contain 3% beta-glucan and oat bran contains 5.5%
  - Due to a careful milling and sieving process of the oats, GlucaChol-22™ with OatWell™ contains 22% oat beta-glucan and is much more refined compared to oats and oat bran

 **Health Benefits of GlucaChol-22™ with OatWell™** **1 Healthy heart**

Oat beta-glucan in GlucaChol-22™ with OatWell™ may reduce the risk of coronary heart disease by reducing blood cholesterol levels, specifically LDL cholesterol (bad cholesterol).

 **2 Reduced sugar level (low GI)**

Consumption of GlucaChol-22™ with OatWell™ as part of a meal contributes to the reduction of the blood glucose rise after that meal.

 **3 Good gut feel & healthy digestion**

GlucaChol-22™ with OatWell™ contains soluble and insoluble dietary fibre. These different fibres in GlucaChol-22™ with OatWell™ powder increases stool bulking and improves stool consistency that results in healthy digestion.

 **How much GlucaChol-22™ with Oatwell™ should be consumed per day?**

- 3g oat beta-glucan as part of a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart disease by reducing blood cholesterol levels
- **1 ½ scoops** of GlucaChol-22™ with OatWell™ provides 3g oat beta-glucan. It is as simple as that!

GlucaChol-22™ with OatWell™ can be added to:

- Porridge e.g. oats
- Cereals and muesli
- Yogurt and smoothies
- Biscuits
- Instant powders and gravies
- Soup and sauces
- Drinks, including milk
- Bread and baked goods



**Consume immediately. Product will thicken if left to stand.**

For healthy and tasty GlucaChol-22™ with OatWell™ recipe ideas visit: [www.atlife.co.za](http://www.atlife.co.za) / [www.friendoatwell.co.za](http://www.friendoatwell.co.za)

 **GlucaChol-22™ Instant flavoured drinks**

Now also available in 3 Instant flavoured drink applications for your convenience.



Flavoured drinks with added Tolerase® L (Lactase enzyme that helps to digest lactose in milk)

- GlucaChol-22™ Instant flavoured drinks contain the original GlucaChol-22™ with Oatwell™. All of the health benefits are now available in 3 NEW flavoured instant drink applications with added Tolerase® L (Lactase enzyme that helps to break down lactose in milk)
- Add **2 scoops** (provides 3g oat beta-glucan) GlucaChol-22™ Instant flavoured drink to 200-250ml low fat or fat free milk