



10 REASONS TO CHOOSE CARDIOSMILE TO HELP MANAGE YOUR CHOLESTEROL

- 01 Aligned with strong CCS recommendations***
Cardiosmile supports cholesterol management in accordance with current **Canadian Cardiovascular Society (CCS)** guidelines by providing the recommended intake of 2 g/day of plant sterols to help improve the lipid profile¹.
- 02 Unique, water-soluble plant sterols**
The **only** water-soluble plant sterol product on the market that delivers 2 g of pure plant sterols per day, supporting cholesterol management and approved for sale by Health Canada².
- 03 Clinically demonstrated lipid benefits in 28 days³!**
 - Helps reduce total cholesterol and LDL-C by up to **12%**
 - Helps reduce serum triglycerides by up to **14%**
 - Helps maintain normal HDL-C levels (**+3%**)
- 04 Clinically studied**
Efficacy supported by clinical data, including a Canadian study, demonstrating clinically meaningful improvements in lipid parameters.
- 05 Used alongside healthy lifestyle habits**
Cardiosmile integrates easily into **comprehensive management approach** that includes dietary measures, physical activity and smoking cessation.
- 06 Complementary to statin therapy or other lipid-lowering agents⁴**
Increasing statin dosage typically results in an additional LDL-C reduction of approximately **6%**, whereas the addition of Cardiosmile may contribute to a mean additional LDL-C reduction of approximately **12%**.
- 07 Patented manufacturing process**
A **unique, patented process** that sets Cardiosmile apart from other plant sterol based products.
- 08 Well tolerated and easy to use**
 - Gluten-free, lactose-free and no added sugars.
 - Available in a convenient, **easy-to-consume format**, supporting daily adherence.
- 09 Easy to recommend**
A guideline-aligned, non-prescription option that integrates naturally into cholesterol management, alone **or** in combination with a statin.
- 10 Suitable for multiple patient profiles**
A versatile solution for a broad range of patients, in both **primary** and **secondary** prevention, used alongside lipid-lowering therapies such as statins.



Why Cardiosmile?

Cardiosmile is a nutritional supplement used **alongside healthy lifestyle habits** and as an **add-on option to statin therapy** for patients requiring **additional lipid lowering**, in both **primary** and **secondary** prevention.

* Canadian Cardiovascular Society (CCS) **1.** Pearson GJ, et coll. 2021 Canadian Cardiovascular Society guidelines **2.** Mantra Pharma inc. Internal data. Market Authorization License for Cardiosmile by Health Canada. April 28, 2022 **3.** Shaghghi, Journal of Functional Foods 2014;6:280-289. **4.** Cleveland Clinic Journal of Medicine. Volume 72, Number 9, September 2005. <https://www.ccmj.org/content/ccjm/72/9/811.full.pdf>

Alongside healthy lifestyle habits, Cardiosmile integrates into a global approach to cholesterol management.



Adopt a healthy lifestyle



Quit smoking



Exercise



Lactose free



No sugar added



Easy to take



Gluten free



Plant-based



Clinically tested⁵

Who is Cardiosmile for?

PRIMARY PREVENTION

- Adults with borderline or elevated LDL-C despite lifestyle changes
- Patients at intermediate cardiovascular risk (Framingham score 10–19%)

SECONDARY PREVENTION

- High-risk patients on pharmacotherapy who have not achieved LDL-C targets
- Patients with familial hypercholesterolemia, as adjunct therapy

SPECIAL SITUATIONS

- Patients intolerant to statins or unable to increase the dose



Doubling a statin dose typically results in an additional LDL-C reduction of approximately **6%**, whereas **adding Cardiosmile at 2 g/day** may allow for an additional LDL-C reduction of approximately **12%**⁶.

Where to find it?

Ask your pharmacist! Although available without a prescription, this product is stored in the pharmacy's laboratory. If it's not in stock, it can be ordered and delivered quickly!

Accès Pharma (Walmart) - 50419481
Brunet - 42321501
Costco - 168568
Familiprix - 207213

Jean Coutu - 753058
Kohl & Frisch - 168568
Matrix - 21735031
McKesson - 186828
PharmaChoice - 186828

PharmaPlus - 412095
Pharmaprix - 21735031
Proxim - 186828
Shopper's Drug Mart - 21735031
Uniprix - 186828

⁵. Shaghghi et al. (2014). J. Funct. Food, 280-289. Palmeiro-Silva Nutrients 2020.

⁶. Cleveland Clinic Journal of Medicine. Volume 72, Number 9, September 2005. <https://www.ccm.org/content/ccjom/72/9/811.full.pdf>

For any additional information or questions about Cardiosmile, visit

cardiosmile.ca

