



What is ENLIVA®?

ENLIVA® is a once-a-day natural supplement that supports your cholesterol health, in combination with a healthy diet and lifestyle in healthy individuals.

Cholesterol and you

Cholesterol is a major building block in many essential processes in your body.

Some fast facts:

- About 75% of your cholesterol is made by your liver and body cells
- The remainder comes from your diet and is affected by the types of fats you eat, your lifestyle and genes
- Cholesterol is necessary in the production of hormones and Vitamin D
- Cholesterol has a key role in the manufacture of bile salts in the liver.

If you have a diagnosed medical condition or are currently taking cholesterol-lowering medication, consult your doctor or pharmacist before starting ENLIVA®.



Always read the label. Use only as directed.

For more information, visit
www.enliva.com.au

ENLIVA® contains the following strains: Lactobacillus plantarum (AB-Life® formulation: CECT 7527, 7528, 7529). Each capsule contains 1.2 billion probiotics per 100mg. BGP Products Pty Ltd trading as Mylan EPD. ABN 29 601 608 771. Ph: 1800 314 527. ENLIVA® is a registered trademark. AU-ENL-2016-13. Date Prepared: July 2016. ABB3247



“I look for simple ways to support my cholesterol health”

Image is not of the person quoted.

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ENLIVA[®], your questions answered



How does ENLIVA[®] work?

ENLIVA[®] contains patented strains of bacteria (*Lactobacillus plantarum*) that support cholesterol health when combined with a healthy diet and lifestyle. Based on scientific research, it may support cholesterol health in two ways:



Increases the use of cholesterol by your liver

The enzymes from the Lactobacilli in ENLIVA[®] have been shown to promote the breakdown of bile salts. Once broken down, bile salts are not available for reuse by the body and are removed. To replace the lost bile salts, the liver takes cholesterol from the blood to make new bile salts.



Reduces the amount of cholesterol absorbed from your diet

The bacteria in ENLIVA[®] has also been shown to absorb cholesterol which is then removed in normal digestive waste.

Is ENLIVA[®] right for you?

- ✓ Are you looking to complement diet and lifestyle measures to support your cholesterol health?
- ✓ Has your healthcare professional recommended that you modify your diet and lifestyle to support your cholesterol health?

Taking ENLIVA[®] is easy:

- Just one capsule, once daily with or without food
- No refrigeration needed. Store ENLIVA[®] in a cool place below 25°C.

What else can you do to manage your cholesterol health?



Maintain a healthy weight



Eat heart healthy foods including lots of fruit and vegetables



Exercise on most days of the week



Quit smoking



Drink alcohol only in moderation



Speak to your doctor or pharmacist for advice

