

SAGA MAGAZINE

Health **FITFORLIFE**

WELL, WELL, WELL

Compiled by Patsy Westcott and Jane Garton

CHOLESTEROL CALL

Struggling to reduce your cholesterol but reluctant to go on statins? Perfect Vascular Natural, a supplement containing red

yeast rice, phytosterols and coenzyme Q10, has been clinically shown to help lower cholesterol with no side effects. From pharmacies and health stores. £33 for a month's supply. (*vascularnatural.co.uk*, 0191 291 3385)