

Daily Mail

ARE cholesterol-lowering products worth buying? Our expert, Dr Carl Shakespeare — a consultant cardiologist from the Lister Hospital, London — assesses five of the latest products.

Perfect Vascular Natural All In One

£33 for 120 capsules (one month's supply), vascularnatural.co.uk.

THIS contains plant sterols — chemicals that can stop cholesterol being absorbed by the gut — and red yeast rice, a natural statin. Research shows this product reduces 'bad' LDL cholesterol by 30 per cent.

EXPERT VERDICT: 'The ingredients would have a powerful effect in lowering cholesterol, though the plant sterols you get from eating a single apple a day can lower cholesterol by 20 per cent each day. Red yeast rice is used in some prescription statin drugs, but if you're intolerant to statins you may be intolerant to red yeast rice too (and don't take this pill if you're taking a statin). My only reservation is the price.' **7/10**