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**Red Yeast Rice - Please Print Out.**

I find that in my practice patients do not suffer the muscle pain, diarrhea, gas, bloating, feeling bad all over aches when using Red Yeast Rice despite lowering their lipids and all to the levels medical studies to date overview recommend, but I ALWAYS recommend CoQ10 WITH RYR nonetheless, 100-300 mg per day of CoQ10 or 2 -4 dropperful of the Physica CoQ10 drops depending on HOW many pills of RYR I recommend the patient in my practice to take based on their blood work results.

I also recommend a RYR formulated by a cardiologist that he uses with his patients because as with ALL supplementation-ingredients, quality sourcing, dosages and formulation govern success. I recommend my patients to start by taking 1 pill once a day up to 3 pills per day but taking that spread out during the day including one at bedtime IF the LDL4 and liprotein A cholesterols are higher than recommended despite fish oil and diet and exercise as the liver can overproduce lipids genetically as well as due to foods eaten. I recommend monitoring of my patients' blood work every 4-6 months depending on their medical condition and history initially then if all is resolving and consistently recommended levels are maintained as I expect and recommend, I may recommend to decrease monitoring to every 6-12 months depending on how consistently stable and at a good number their lipids are and how healthy they are working to be.