



Hyperlipidemia: Lipid-Targeted Supplements Update

Many supplements are marketed for cholesterol management, but not all have equal scientific support. Understanding which supplements may be helpful—and which should not replace lifestyle interventions—is essential.

Supplements commonly studied for lipid management include:

Omega-3 Fatty Acids

- * May reduce triglycerides
- * Support cardiovascular health

Plant Sterols

- * Can reduce cholesterol absorption

Soluble Fiber Supplements

- * May help lower LDL

Red Yeast Rice

- * Contains naturally occurring statin-like compounds
- * Requires caution and medical oversight

Berberine

- * May improve insulin sensitivity and triglycerides

Lifestyle factors remain the foundation of lipid management. Supplements should be viewed as supportive tools rather than primary solutions.

01

Is This Your Story?

A patient spends hundreds of dollars on supplements while ignoring exercise and nutrition. After focusing on lifestyle foundations and selectively using evidence-based supplements, lipid markers improve more effectively.

02

Try This Today

Measure: Review all supplements you currently take.

Do: Research whether each has meaningful evidence.

Reflect: Ask whether supplements are supporting or replacing healthy habits.

