



Supports heart function*

COMPOSITION

Original combination of :

- Red yeast rice, a source of monacolin K
- Wild fish oils rich in EPA and DHA omega-3
- Coenzyme Q10

MOLVAL® FORT is a preservative-free dietary supplement. Its components are selected for their nutritional qualities.

PROPERTIES

Monacolin K from red yeast rice helps to maintain normal blood cholesterol levels. The beneficial effect is obtained by daily consumption of 10 mg of monacolin K.

The EPA and DHA omega-3 in fish oil support normal heart function. The beneficial effect is obtained by daily consumption of 250 mg of EPA and DHA.

NUTRITIONAL INFORMATION

	For 1 capsule		For 3 capsules	
	Quantity	%RDI*	Quantity	%RDI*
Monacolin K from red yeast rice	3,33 mg	-	10 mg	-
Omega-3	167 mg		500 mg	
of which EPA**	95 mg	38%	285 mg	100%
of which DHA**	62 mg	25%	186 mg	70%
Coenzyme Q10	16,7 mg	-	50 mg	-

*RDI: Recommended Daily Intake

**EPA: eicosapentaenoic acid - DHA: docosahexaenoic acid

DIRECTIONS FOR USE

1-3 capsules a day.

To be adjusted depending on LDL cholesterol level. Maximum 3 capsules a day

To be swallowed whole without chewing with a glass of water, as a 3-month course; can be repeated if necessary.

PRECAUTIONS FOR USE

MOLVAL®FORT should be combined with a varied and balanced diet and a healthy lifestyle.

Because of the presence of red yeast rice,

MOLVAL®FORT should not be consumed by:

- pregnant or breastfeeding women;
- children or adolescents;
- people over the age of 70;
- people with conditions such as kidney failure, muscle disease, untreated hypothyroidism or liver disease.
- people who consume large amounts of grapefruit (juice or fruit) or alcohol.

Not to be taken with cholesterol-lowering statin drugs or following the occurrence of adverse effects, unless you have received specific medical advice. Not recommended for people who are allergic to fish. Do not exceed the recommended dose.

DIET AND LIFESTYLE RECOMMENDATIONS FOR CHOLESTEROL BALANCE

- Stop smoking.
- Eat fish, three times a week if possible.
- Avoid saturated fats: fat on meat, cream, butter, pastries, palm oil, etc.
- Choose foods rich in omega-3: oily fish, rapeseed oil, walnut oil, etc.
- Eat fruit, vegetables and whole grain cereals.
- Exercise regularly (swimming, a 30-minute walk, gymnastics).
- Limit your intake of alcohol and coffee.
- Control your weight.

Laboratoire Dielen formulates **dietary supplements** specially studied for your nutritional balance.



OSTEOCALM®
Joints



**DIELÉN®
COLLAGÈNE**
Skin health
and beauty



MOLVAL®FORT
Cholesterol
balancel



MOLVAL®
Cardiovascular
Protection



MEMOZAN®
Mental vitality