

High Cholesterol



Cholesterol is naturally present in the body and is responsible for a range of life-sustaining functions. While 80% of this fat-like substance is produced in the liver, about 20% of the cholesterol in our blood comes from the foods we eat. When there is too much cholesterol in the blood, it builds up and forms plaque, eventually causing the arteries to narrow or become blocked. This can lead to cardiovascular disease and blood clots.

