

Triglycerides (high)

Much of the population within the United States have elevated amounts of TGs or triglycerides in the blood, which are primarily composed of three fatty chains linked together.

Suggested Dietary Changes:

- Avoid refined carbohydrates and sugars – anything white - alcohol
- Cut back on meat and dairy
- High fiber diet – fruit, beans, oats
- Exercise

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.