

Lowering cholesterol with beta-glucan

Do you have high cholesterol and wish for a natural solution? Oat BG22 provides an ideal drug-free solution for cholesterol lowering.

the 3g beta-glucan cholesterol lowering effect. These oats are exported to many countries and are used in cereals and bread production,” said L.H. Ong, general manager and director of Summit Company (M) Sdn. Bhd.



A change in lifestyle routines and unhealthy dietary habits have contributed to a rise in cardiovascular disease due to high cholesterol levels. It is estimated that in Malaysia alone, six million people suffer from high cholesterol. Research has proven that eating oats can lower cholesterol levels and this health claim has been approved by the Ministry of Health in Malaysia and by the US FDA (Food & Drug Administration) and EFSA (European Food Safety Authority). So what is the magic ingredient in oats that produces this powerful effect?

The answer lies within the beta-glucan. Oat beta-glucan is a type of soluble fibre that occurs naturally in oats. Studies have proven that a daily intake of at least 3g of oat beta-glucan can significantly reduce your total cholesterol and LDL (low density lipoprotein, otherwise known as the ‘bad’ cholesterol). Currently, oat brands in Malaysia contain about three to five percent of beta-glucan which translates to roughly two bowls of oatmeal (70g) for consumption. If that is too many mouthfuls for you, why not try Oat BG22?

“These are special oats with a high beta-glucan content of 22 percent! All you need is 14g of Oat BG22 daily to achieve

Ong, 68, has personally tested the health claims of Oat BG22 and his total cholesterol results indicate a huge drop from 6.6mmol/L to 5.8mmol/L in just five weeks. He then continued consuming Oat BG22 for five months and further reduced his total cholesterol levels to 5mmol/L. Equally impressive were the LDL (4mmol/L to 2.8mmol/L) and triglyceride (3.8mmol/L to 2.7mmol/L) results after five months.

“My doctor had informed me that I was a candidate for stroke and heart attack but I didn’t want to go on statins. My laboratory results show that my risk factor has dropped without taking statins and also shows that Oat BG22 works in reducing cholesterol levels,” testified Ong. He also shared that his son K.S. Ong, 37,

suffers from high cholesterol and managed to reduce his cholesterol levels from 6.5mmol/L to less than 5mmol/L within three months of consuming Oat BG22. Another satisfied consumer is Mrs Ph’ng, 64, who has a fatty liver and a very high cholesterol level of 8.8mmol/L. After five weeks, her cholesterol levels dropped to 7.9mmol/L. She then increased her Oat BG22 intake to 21g a day and the results were an astounding 4.8mmol/L after two and a half months. Madam Lau, 62, also suffers from high cholesterol and has been on statins for five years. Without discontinuing her statins, she took Oat BG22 and successfully reduced both her total cholesterol (6.4mmol/L to 5.5mmol/L) and LDL (4.55mmol/L to 2.84mmol.L) levels.



L.H.Ong,
General Manager and Director of
Summit Company (M) Sdn. Bhd.

Oat BG22 was launched in Malaysia in September 2011. Although fairly new, the response has been very good and is due in part to the fact that it is the only oat product in Malaysia that contains 22 percent beta-glucan. Besides lowering cholesterol, it can be taken for intestinal cleansing, weight management and as a preventative measure against high cholesterol. It is also suitable for pre-diabetic patients. So make the change today and live healthily with Oat BG22.