



WHAT ARE

OXIDIZED FATS?

Studies show oil which has been used past the recommended amount of cooking at high temperature, such as in continually operating fryers used in all fast-food kitchens, is a source of what are termed oxidized fats, measured by their peroxide values. This link reviews the terms referred to [Peroxide Value article](#).

WHAT IS...

NO BAD™ FAT?

A novel formula combining a group of antioxidants that assist in addressing the oxidized lipids, named NoBad™ Fat is being made available for persons desiring to ensure a degree of balance after ingesting any fats that are not fresh and/or prone to being overused in deep frying.

Based on a [JAMA article, *Diet First, Then Medication*](#), published in 2003, the Portfolio Diet was shown to lower cholesterol as effectively as statin drugs. This was a valuable option, especially for individuals who were reactive and/or intolerant to statins and had a need to maintain healthy cholesterol levels naturally. See more information on [CardioBar.com](#) for more information. A recent [JAMA article](#) coincidentally reviews the need for antioxidants in the diet and supplements to protect against inflammation, often a result of dietary intake, such as that of oxidized fats.

The discovery that foam cells become the initial source of calcium plaque and were stimulated by genetic factors, inflammatory processes, and reactive compounds such as oxidized lipids such as ingested from rancid or reactive fats is well documented: [Learn More Here](#).

THE FORMULA

The formula includes Vitamin C, Rosemary Extract, Vitamin D, Glutathione, Policosanol, Lycopene, Soluble fiber, and Cysteine.

Vitamins C and D, plus Policosanol and Glutathione are in liposomal form for targeted delivery in the GI tract where the reactive lipids are initially encountered upon ingestion.



THE BENEFITS

Targets oxidized lipids

Supports Immune System
Functions

Antioxidant, Anti-inflammatory
Properties