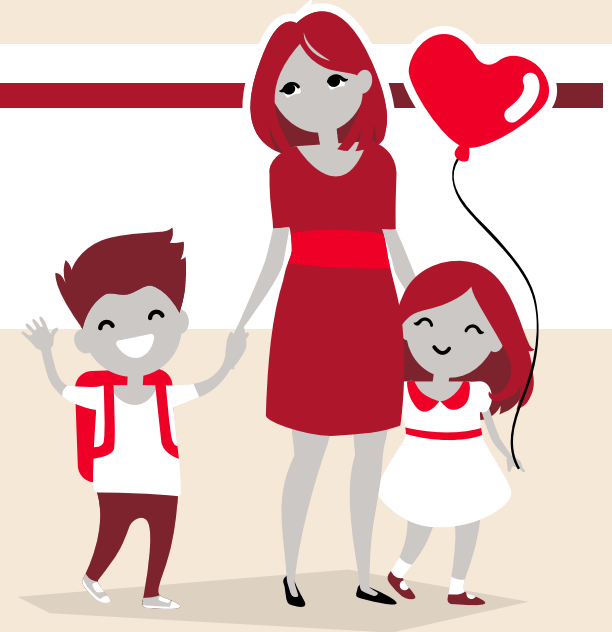


DID YOU KNOW?



To **lower** your cholesterol, you can:



TAKE MEDICATION
as directed



EXERCISE REGULARLY
Just 30 minutes most days can have a significant impact on your heart.



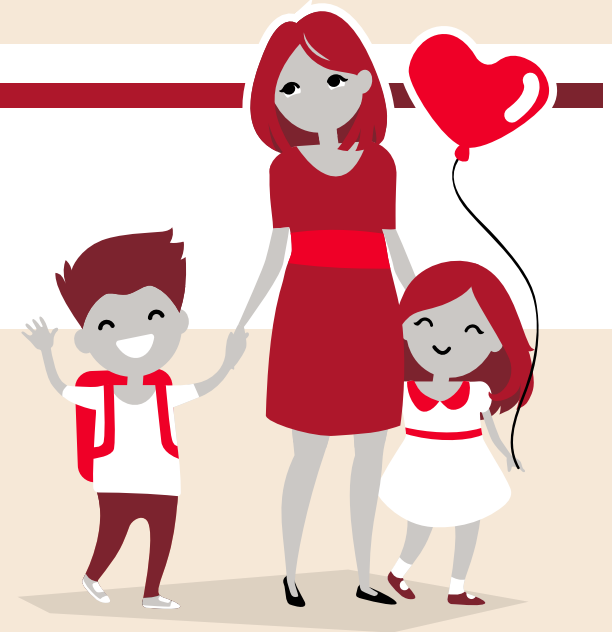
EAT HEART HEALTHY FOODS
and avoid saturated and trans fats



QUIT SMOKING

Talk to your healthcare provider or visit countercholesterol.org

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COUNTER CHOLESTEROL IS MADE POSSIBLE THROUGH SUPPORT FROM SANOFI AND REGENERON.