

Red Yeast Rice Is Not a Gentle Alternative

Red yeast rice is often sold as a natural, gentle alternative to a statin. It is not. Its active ingredient, monacolin K, is chemically identical to the prescription statin lovastatin, the dose is unlabeled and wildly inconsistent, and some products are contaminated.

What the evidence actually says

1	Monacolin K Is chemically identical to the statin drug lovastatin, per NCCIH.
2	Same side effects Muscle, liver and kidney problems, and the same drug interactions as a statin.
3	Unlabeled dose One review found the active amount varied more than 60-fold between brands.
4	Citrinin risk Some products are contaminated with a toxin that can damage the kidneys.
5	Not a DIY statin Cholesterol treatment belongs with your doctor, not a supplement aisle.

YOUR 3-STEP PLAN

Step 1: Bring the Bottle to Your Doctor, Not Instead of One

Red yeast rice works, when it works, because it contains a statin. Ask whether a prescription statin at a known dose is the safer version of what you are already trying to do.

Step 2: Do Not Treat It as Gentler Than a Statin

Its active ingredient can cause the same muscle, liver and kidney effects and the same drug interactions as lovastatin. If you take other medication, it can interact.

Step 3: Remember You Cannot Verify the Dose or the Purity

The active amount varied more than 60-fold between brands, labels omit it, and some products carry the kidney toxin citrinin. Natural does not mean safe.

The safety line

Red yeast rice's active ingredient is a statin. Manage cholesterol with your doctor, and never stop, start, or swap a prescription on your own.

Read the full article:

<https://www.agelesscoach.com/articles/red-yeast-rice-is-not-a-gentle-alternative>

This guide is educational and is not medical advice or a substitute for care from your own clinician. These statements have not been evaluated by the Food and Drug Administration. This content is not intended to diagnose, treat, cure, or prevent any disease. Talk with your healthcare provider before starting or stopping any supplement or medication.