

## Red Yeast Rice

Red yeast rice is a joke. Actually, it is tragic joke. Zillions of people are swallowing this stuff thinking it is somehow “natural”. The truth is that red yeast rice products contain exactly the same chemical, monacolin K --- that is the active ingredient in a statin drug.

So, red yeast rice is nothing more than the same drug you would get by swallowing a prescription statin drug. It does lower cholesterol but does so by the same mechanism as the statin drugs --- by interfering with liver function. ----- Furthermore, that drug has the same side effects when obtained from red yeast rice as it does from a prescription drug.

Side effects include:

- myopathy (muscle pain and weakness)
- rhabdomyolysis (destruction of muscle fibers and release of toxic substances that can harm the kidneys)
- liver toxicity

All these side effects have been reported in people who take red yeast rice. Red yeast rice, like the statin drug, can interact with a variety of other drugs to increase the risk of these side effects.

Another problem with red yeast rice is that the amount of the drug monacolin K is extremely variable from one product to another. --- And you never know just how much you are getting. Many red yeast products contain zero monacolin K, therefore having no effect on cholesterol --- while others have amounts of monacolin K that the FDA has warned is a new drug that cannot be sold legally.

Additionally --- many red yeast rice products contain a contaminant called citrinin, which can cause kidney failure.