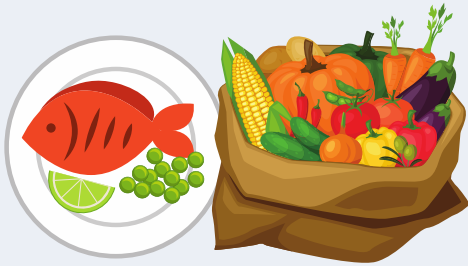


Tips for lowering cholesterol

1

Exercise daily, manage weight



Eat a healthy diet

2

3

Use plant-sterol enriched margarine



Take cholesterol medications every day

4

5

Have your cholesterol measured regularly



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