

# Cholesterol-and-health.com

the general intake schedule among bodybuilders is to take 850 mg (one tablet) twice per day

[cholesterol-and-health.com](http://cholesterol-and-health.com)

green tea can also help you detoxify and lose weight

[www.cholesterol-and-health.com](http://www.cholesterol-and-health.com)

[www.cholesterol-and-health.com/egg\\_yolk.html](http://www.cholesterol-and-health.com/egg_yolk.html)