**Supplementary Table 1:** Self-reported overall health using the EQUAL EQ-5D quality of life questionnaire completed at weeks 0 and 8.

|                     | Placebo Week 0 | Placebo Week 0 | Ezetimibe Week 8 | Ezetimibe Week 0 | Nutraceutical Week 0 | Nutraceutical Week 8 | Combination Week 0 | Combination Week 8 |
|---------------------|----------------|----------------|------------------|------------------|----------------------|----------------------|-------------------|-------------------|
| Overall health rating /100 | 83             | 84             | 86               | 85               | 86                   | 86                   | 85                | 84                |
| **Mobility (n)**     |                |                |                  |                  |                      |                      |                   |                   |
| No problem           | 9              | 11             | 12               | 9                | 12                   | 12                   | 9                 | 11                |
| Slight problems      | 4              | 2              | 1                | 1                | 1                    | 1                    | 1                 | 2                 |
| Moderate problems    | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| Severe problems      | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| Unable               | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| **Personal care (n)**|                |                |                  |                  |                      |                      |                   |                   |
| No problems          | 10             | 13             | 13               | 9                | 13                   | 13                   | 9                 | 13                |
| Slight problems      | 3              | 0              | 0                | 1                | 0                    | 0                    | 1                 | 0                 |
| Moderate problems    | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| Severe problems      | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| Unable               | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| **Usual activity (n)**        |                |                |                  |                  |                      |                      |                   |                   |
| No problems          | 10             | 12             | 13               | 9                | 13                   | 13                   | 9                 | 12                |
| Slight problems      | 3              | 1              | 0                | 1                | 1                    | 0                    | 1                 | 1                 |
| Moderate problems    | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
| Severe problems      | 0              | 0              | 0                | 0                | 0                    | 0                    | 0                 | 0                 |
|                     | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   |
|---------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| **Unable**          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   |
| **Pain / discomfit (n)** |     |     |     |     |     |     |     |     |     |
| No problems         | 2   | 8   | 7   | 5   | 4   | 7   | 5   | 8   |     |
| Slight problems     | 6   | 4   | 4   | 3   | 8   | 4   | 3   | 4   |     |
| Moderate problems   | 5   | 0   | 2   | 1   | 1   | 2   | 1   | 0   |     |
| Severe problems     | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 1   |     |
| Unable              | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   |     |
| **Anxiety / depression (n)** |     |     |     |     |     |     |     |     |     |
| No problems         | 10  | 8   | 11  | 7   | 9   | 11  | 7   | 8   |     |
| Slight problems     | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   |     |
| Moderate problems   | 0   | 1   | 0   | 0   | 1   | 0   | 0   | 1   |     |
| Severe problems     | 1   | 1   | 0   | 0   | 0   | 0   | 0   | 1   |     |
| Unable              | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   |     |

No significant difference between week 0 and week 8 or treatment groups for any parameters.