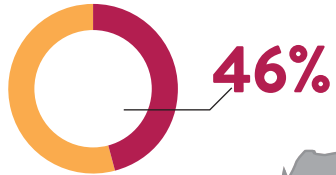


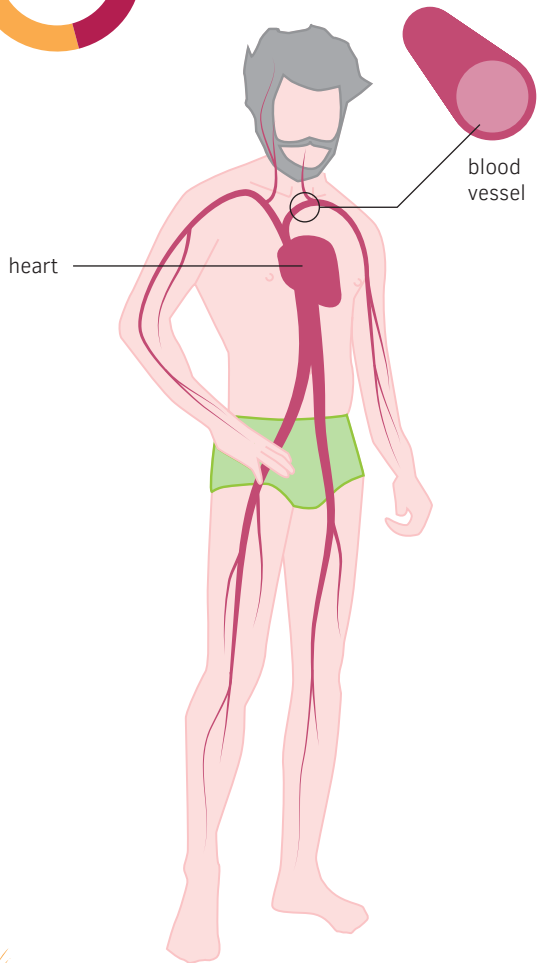


# CARDIOVASCULAR DISEASE

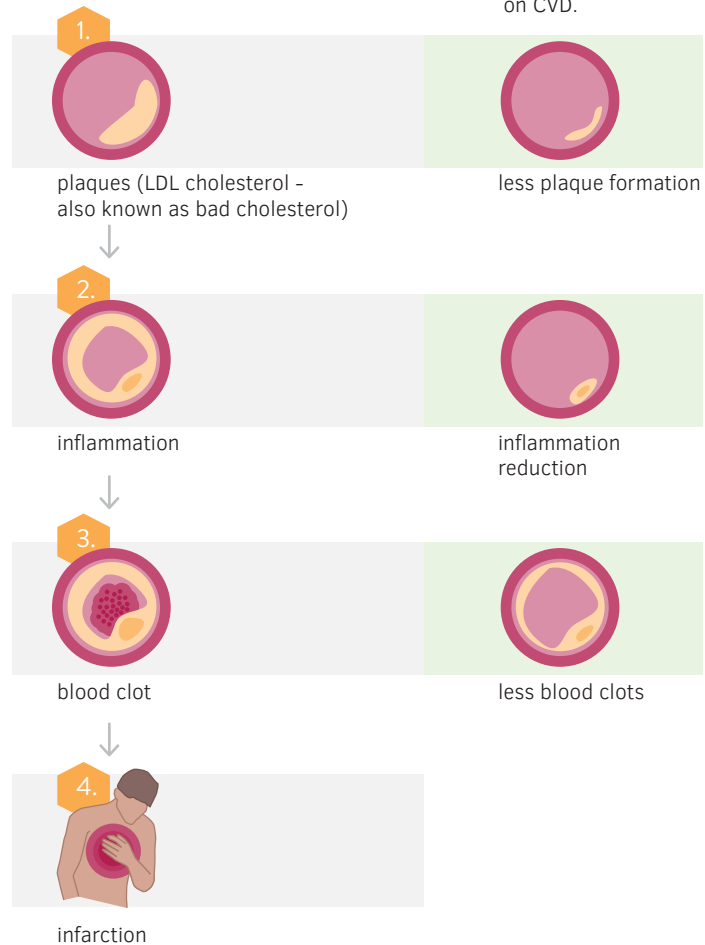
Moderate beer consumption can have a positive effect on heart and blood vessels and prevent cardiovascular disease (CVD).



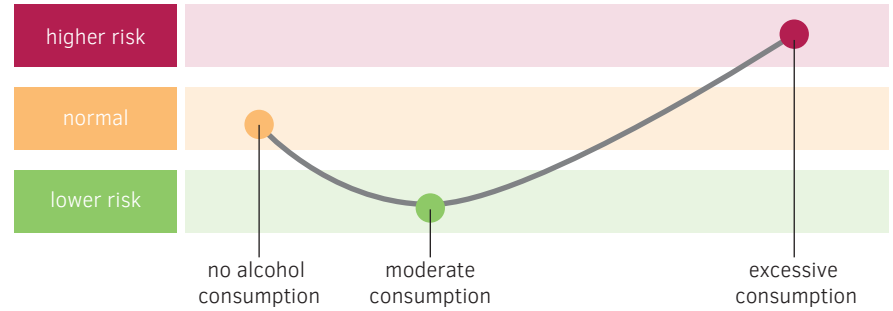
CVD is the main cause of death in Europe.



The process of CVD.



Moderate alcohol consumption reduces the risk of developing CVD.



Effects of moderate alcohol consumption on CVD.

Increase of HDL cholesterol - also known as good cholesterol - and insulin sensitivity.

Reduction of inflammatory factors involved in CVD.

Decrease in fibrinogen, which reduces formation of blood clots.

For CVD prevention: Do not smoke, be active and eat and drink healthily and in moderation.

Not only can moderate beer consumption lower the risk of developing CVD but also people with CVD may benefit from the protective effects of alcohol.