CLAIMS

1. Composition comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus; (b) at least one omega-3 fatty acid; (c) L-carnitine or a salt thereof; and one or more of the following active ingredients: (d) at least one policosanol or a natural extract containing policosanols; (e) resveratrol or a natural extract containing resveratrol; (f) Coenzyme Q10; and (g) at least one vitamin.

2. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus; (b) at least one omega-3 fatty acid; (c) L-carnitine or a salt thereof; (d) at least one policosanol or a natural extract containing policosanols; (e) resveratrol or a natural extract containing resveratrol; (f) Coenzyme Q10; and optionally (g) at least one vitamin.

3. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus in a dose of from 1 mg to 3000 mg, preferred doses is of from 10 mg to 2000 mg, the most preferred dose is 200 mg; (b) at least one omega-3 fatty acid in a dose of from 1 mg to 2000 mg, preferred doses is of from 10 mg to 1000 mg, the most preferred dose is 600 mg; (c) L-carnitine or a salt thereof in a dose of from 1 mg to 3000 mg, preferred doses is of from 10 mg to 1000 mg, the most preferred dose is 100 mg as inner salt; (d) at least one policosanol or a

natural extract containing policosanols in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (e) resveratrol or a natural extract containing resveratrol in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (f) Coenzyme Q10 in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (g) vitamin B6 in a dose of from 0.03 mg to 300 mg, preferred doses is of from 0.3 mg to 30 mg, the most preferred dose is 3 mg; and (h) vitamin B12 in a dose of from 0.025 mcg to 250 mcg, preferred doses is of from 0.25 mcg to 25 mcg, the most preferred dose is 2.5 mcg.

4. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus in a dose of 200 mg comprising 3 mg of Monacolin K; (b) fish oil in a dose of 600 mg comprising 120 mg of DHA and 165 mg of EPA; (c) L-carnitine tartrate in a dose of 147 mg corresponding to 100 mg of L-carnitine inner salt; (d) extract of sugar cane comprising policosanols in a dose of 10 mg; (e) resveratrol in a dose of 10 mg; (f) Coenzyme Q10 in a dose of 10 mg; (g) vitamin B6 in a dose of 3 mg; and (h) vitamin B12 in a dose of 2.5 µg.

5. The composition of claim 1, for use as anticholesterolaemic and antitriglyceridaemic agents, and for increasing HDL cholesterol.

6. The composition of claim 1, for use for the prevention or treatment of altered lipid metabolism and complications thereof, in which said complications are selected from the group consisting of cardiovascular, atherosclerotic and/or thromboembolic diseases.

7. The composition of claim 1, for use as medicament.

8. The composition of claim 1, for use as dietary supplement.

9. The composition of claim 1, further comprising other vitamins, co-enzymes, mineral substances and antioxidants or active ingredients useful for treating lipid disorders.

10. The composition of claim 1, further comprising at least one pharmaceutically acceptable vehicle and/or excipient.

11. The composition of claim 1, orally administrable, in liquid, semi-liquid or solid form; in sachets, pills, vials, ointment, gel, or liposome.

12. Salt of L-carnitine of claim 1, selected from the group consisting of chloride, bromide, orotate, aspartate, acid aspartate, acid citrate, magnesium citrate, phosphate, acid phosphate, fumarate and acid fumarate, magnesium fumarate, lactate, maleate and acid maleate, oxalate, acid oxalate, pamoate, acid pamoate, sulphate, acid sulphate, glucose phosphate, tartrate and acid tartrate, glycerophosphate, mucate, magnesium tartrate, 2-amino-ethanesulphonate, magnesium 2-amino-ethanesulphonate,

methanesulphonate, choline tartrate, trichloroacetate, and trifluoroacetate.

13. The policosanol of claim 1, selected from the group consisting of triacontanol, hexacosanol, hexacontanol, ecocontanol, tetracosanol, dotriacontanol, and tetracontanol.

14. The policosanol of claim 1, in the form of extract from natural products selected from the group consisting of: wheat germs, rice germs, sugar cane, or *Ginkgo biloba* leaves.

15. Method of preventing or treating an altered lipid metabolism and complications thereof, in which said complications are selected from the group consisting of cardiovascular, atherosclerotic and/or thromboembolic diseases, which comprises administering to a patient in need thereof a suitable amount of the composition of claim 1.

CLAIMS

1. Composition comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus; (b) at least one omega-3 fatty acid; (c) L-carnitine or a salt thereof; and one or more of the following active ingredients: (d) at least one policosanol or a natural extract containing policosanols; (e) resveratrol or a natural extract containing resveratrol; (f) Coenzyme Q10; and (g) at least one vitamin.

2. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus; (b) at least one omega-3 fatty acid; (c) L-carnitine or a salt thereof; (d) at least one policosanol or a natural extract containing policosanols; (e) resveratrol or a natural extract containing resveratrol; (f) Coenzyme Q10; and optionally (g) at least one vitamin.

3. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus in a dose of from 1 mg to 3000 mg, preferred doses is of from 10 mg to 2000 mg, the most preferred dose is 200 mg; (b) at least one omega-3 fatty acid in a dose of from 1 mg to 2000 mg, preferred doses is of from 10 mg to 1000 mg, the most preferred dose is 600 mg; (c) L-carnitine or a salt thereof in a dose of from 1 mg to 3000 mg, preferred doses is of from 10 mg to 1000 mg, the most preferred dose is 100 mg as inner salt; (d) at least one policosanol or a natural extract containing policosanols in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (e) resveratrol or a natural extract containing resveratrol in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (f) Coenzyme Q10 in a dose of from 0.1 mg to 1000 mg, preferred doses is of from 1 mg to 100 mg, the most preferred dose is 10 mg; (g) vitamin B6 in a dose of from 0.03 mg to 300 mg, preferred doses is of from 0.3 mg to 30 mg, the most preferred dose is 3 mg; and (h) vitamin B12 in a dose of from 0.025 μg to 250 μg, preferred doses is of from 0.25 μg to 25 μg, the most preferred dose is 2.5 μg.

4. The composition of claim 1 comprising as active ingredients: (a) extract of rice fermented with Monascus purpureus in a dose of 200 mg comprising 3 mg of Monacolin K; (b) fish oil in a dose of 600 mg comprising 120 mg of DHA and 165 mg of EPA; (c) L-carnitine tartrate in a dose of 147 mg corresponding to 100 mg of L-carnitine inner salt; (d) extract of sugar cane comprising policosanols in a dose of 10 mg; (e)

resveratrol in a dose of 10 mg; (f) Coenzyme Q10 in a dose of 10 mg; (g) vitamin B6 in a dose of 3 mg; and (h) vitamin B12 in a dose of 2.5 μg.

5. The composition of claim 1, for use as anticholesterolaemic and antitriglyceridaemic agents, and for increasing HDL cholesterol.

6. The composition of claim 1, for use for the prevention or treatment of altered lipid metabolism and complications thereof, in which said complications are selected from the group consisting of cardiovascular, atherosclerotic and/or thromboembolic diseases.

7. The composition of claim 1, for use as medicament.

8. The composition of claim 1, for use as dietary supplement.

9. The composition of claim 1, further comprising other vitamins, co-enzymes, mineral substances and antioxidants or active ingredients useful for treating lipid disorders.

10. The composition of claim 1, further comprising at least one pharmaceutically acceptable vehicle and/or excipient.

11. The composition of claim 1, orally administrable, in liquid, semi-liquid or solid form; in sachets, pills, vials, ointment, gel, or liposome.

12. The composition of claim 1, in which the salt of L-carnitine is selected from the group consisting of chloride, bromide, orotate, aspartate, acid aspartate, acid citrate, magnesium citrate, phosphate, acid phosphate, fumarate and acid fumarate, magnesium fumarate, lactate, maleate and acid maleate, oxalate, acid oxalate, pamoate, acid pamoate, sulphate, acid sulphate, glucose phosphate, tartrate and acid tartrate, glycerophosphate, mucate, magnesium tartrate, 2-amino-ethanesulphonate, magnesium 2-amino-ethanesulphonate, methanesulphonate, choline tartrate, trichloroacetate, and trifluoroacetate.

13. The composition of claim 1, in which the policosanol is selected from the group consisting of triacontanol, hexacosanol, hexacontanol, ecocontanol, tetracosanol, dotriacontanol, and tetracontanol.

14. The composition of claim 1, in which the policosanol is in the form of extract from natural products selected from the group consisting of: wheat germs, rice germs, sugar cane, or Ginkgo biloba leaves.