(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin; and

(7) separating the monascin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC).

2. The method of claim 1, wherein the said composition is the monascin extracted from the *Monascus* fermented product, and a specific dosage of the composition used for lowering blood lipid and elevating high desity lipoprotein is at least 2.4 mg/day for each person.

3. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 1, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C18 column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C18 column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing monascin.

4. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 3, wherein the washing solution in step (7.1) is Methanol : water = 85:15.

5. A method for manufacturing a composition for lowering blood lipid and elevating high-density lipoprotein, wherein the method comprises the steps of:

(1) providing a *Monascus* fermented product;

(2) treating the *Monascus* fermented product with acetone for three times, wherein the ratio of the *Monascus* fermented product to the acetone is 1:10 ~ 1:50;

(3) elevating the concentration of the product obtained from the step (2) by a process of decompress concentration in a specific temperature range, wherein the specific temperature range is 40℃ ~60℃;

(4.1) adding the product obtained from the step (3) to one silica gel column;

(4.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Hexane, Hexane : Ethanol = 9:1, Hexane : Ethanol = 8:2, Hexane :Ethanol = 7:3, Hexane : Ethanol = 1:1, and Ethanol sequentially;

(4.3) collecting 12~15 fractions flowing out from the silica gel column;

(4.4) analyzing the 12~15 fractions collected in the step (4.3) by one high performance liquid chromatography (HPLC) in combination with one photodiode-array (PDA), and collecting fractions containing monascin and ankaflavin;

(4.5) mixing the fractions collected in the step (4.4) to form a pigment fraction;

(5.1) adding the pigment fraction obtained from the step (4.5) to one Sephadex LH-20 column;

(5.2) adding a washing solution to the Sephadex LH-20 column, wherein the washing solution is Methanol : Acetonitrile = 9:1;

(5.3) collecting 3~5 fractions flowing out from the Sephadex LH-20 column;

(5.4) analyzing the 3~5 fractions collected in the step (5.3) by one HPLC-PDA, so as to further collecting a plurality of fractions containing monascin and ankaflavin;

(5.5) mixing the plurality of fractions collected in the step (5.4) to form a yellow pigment fraction;

(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin; and

(7) separating the ankaflavin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC).

6. The method of claim 5, wherein the said composition is the ankaflavin extracted from the *Monascus* fermented product, and a specific dosage of the composition used for lowering blood lipid and elevating high density lipoprotein is at least 0.6 mg/day for each person.

7. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 5, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C18 column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C18 column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing ankaflavin.

8. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 7, wherein the washing solution in step (7.1) is Methanol : water = 85:15.

9. A method for manufacturing a composition for lowering blood lipid and elevating high-density lipoprotein, wherein the method comprises the steps of:

(1) providing a *Monascus* fermented product;

(2) treating the *Monascus* fermented product with acetone for three times, wherein the ratio of the *Monascus* fermented product to the acetone is 1:10 ~ 1:50;

(3) elevating the concentration of the product obtained from the step (2) by a process of decompress concentration in a specific temperature range, wherein the specific temperature range is 40℃ ~60℃;

(4.1) adding the product obtained from the step (3) to one silica gel column;

(4.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Hexane, Hexane : Ethanol = 9:1, Hexane : Ethanol = 8:2, Hexane :Ethanol = 7:3, Hexane : Ethanol = 1:1, and Ethanol sequentially;

(4.3) collecting 12~15 fractions flowing out from the silica gel column;

(4.4) analyzing the 12~15 fractions collected in the step (4.3) by one high performance liquid chromatography (HPLC) in combination with one photodiode-array (PDA), and collecting fractions containing monascin and ankaflavin;

(4.5) mixing the fractions collected in the step (4.4) to form a pigment fraction;

(5.1) adding the pigment fraction obtained from the step (4.5) to one Sephadex LH-20 column;

(5.2) adding a washing solution to the Sephadex LH-20 column, wherein the washing solution is Methanol : Acetonitrile = 9:1;

(5.3) collecting 3~5 fractions flowing out from the Sephadex LH-20 column;

(5.4) analyzing the 3~5 fractions collected in the step (5.3) by one HPLC-PDA, so as to further collecting a plurality of fractions containing monascin and ankaflavin;

(5.5) mixing the plurality of fractions collected in the step (5.4) to form a yellow pigment fraction;

(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin;

(7) separating the monascin and the ankaflavin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC); and(8) mixing the monascin and the ankaflavin according to a specific ratio, wherein the optimum value of the specific ratio is 3.56:1.

10. The method of claim 9, wherein the said composition is a mixture of the ankaflavin extracted from the *Monascus* fermented product by the specific ratio of 3.56:1 (v/v).

11. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 9, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C_{18} column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C_{18} column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing monascin and ankaflavin respectively.

12 . The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 11, wherein the washing solution in step (7.1) is Methanol : water = 85:15.

(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin; and

(7) separating the monascin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC).

2. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 1, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C18 column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C18 column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing monascin.

3. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 2, wherein the washing solution in step (7.1) is Methanol : water = 85:15.

4. A method for manufacturing a composition for lowering blood lipid and elevating high-density lipoprotein, wherein the method comprises the steps of:

(1) providing a *Monascus* fermented product;

(2) treating the *Monascus* fermented product with acetone for three times, wherein the ratio of the *Monascus* fermented product to the acetone is 1:10 ~ 1:50;

(3) elevating the concentration of the product obtained from the step (2) by a process of decompress concentration in a specific temperature range, wherein the specific temperature range is 40℃ ~60℃;

(4.1) adding the product obtained from the step (3) to one silica gel column;

(4.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Hexane, Hexane : Ethanol = 9:1, Hexane : Ethanol = 8:2, Hexane :Ethanol = 7:3, Hexane : Ethanol = 1:1, and Ethanol sequentially;

(4.3) collecting 12~15 fractions flowing out from the silica gel column;

(4.4) analyzing the 12~15 fractions collected in the step (4.3) by one high performance liquid chromatography (HPLC) in combination with one photodiode-array (PDA), and collecting fractions containing monascin and ankaflavin;

(4.5) mixing the fractions collected in the step (4.4) to form a pigment fraction;

(5.1) adding the pigment fraction obtained from the step (4.5) to one Sephadex LH-20 column;

(5.2) adding a washing solution to the Sephadex LH-20 column, wherein the washing solution is Methanol : Acetonitrile = 9:1;

(5.3) collecting 3~5 fractions flowing out from the Sephadex LH-20 column;

(5.4) analyzing the 3~5 fractions collected in the step (5.3) by one HPLC-PDA, so as to further collecting a plurality of fractions containing monascin and ankaflavin;

(5.5) mixing the plurality of fractions collected in the step (5.4) to form a yellow pigment fraction;

(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin; and

(7) separating the ankaflavin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC).

5. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 4, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C18 column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C18 column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing ankaflavin.

6. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 5, wherein the washing solution in step (7.1) is Methanol : water = 85:15.

7. A method for manufacturing a composition for lowering blood lipid and elevating high-density lipoprotein, wherein the method comprises the steps of:

(1) providing a *Monascus* fermented product;

(2) treating the *Monascus* fermented product with acetone for three times, wherein the ratio of the *Monascus* fermented product to the acetone is 1:10 ~ 1:50;

(3) elevating the concentration of the product obtained from the step (2) by a process of decompress concentration in a specific temperature range, wherein the specific temperature range is 40℃ ~60℃;

(4.1) adding the product obtained from the step (3) to one silica gel column;

(4.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Hexane, Hexane : Ethanol = 9:1, Hexane : Ethanol = 8:2, Hexane :Ethanol = 7:3, Hexane : Ethanol = 1:1, and Ethanol sequentially;

(4.3) collecting 12~15 fractions flowing out from the silica gel column;

(4.4) analyzing the 12~15 fractions collected in the step (4.3) by one high performance liquid chromatography (HPLC) in combination with one photodiode-array (PDA), and collecting fractions containing monascin and ankaflavin;

(4.5) mixing the fractions collected in the step (4.4) to form a pigment fraction;

(5.1) adding the pigment fraction obtained from the step (4.5) to one Sephadex LH-20 column;

(5.2) adding a washing solution to the Sephadex LH-20 column, wherein the washing solution is Methanol : Acetonitrile = 9:1;

(5.3) collecting 3~5 fractions flowing out from the Sephadex LH-20 column;

(5.4) analyzing the 3~5 fractions collected in the step (5.3) by one HPLC-PDA, so as to further collecting a plurality of fractions containing monascin and ankaflavin;

(5.5) mixing the plurality of fractions collected in the step (5.4) to form a yellow pigment fraction;

(6.1) adding the yellow pigment fraction obtained from the step (5.5) to one silica gel column;

(6.2) adding a plurality of washing solutions to the silica gel column sequentially, wherein the plurality of washing solutions are Dichloromethane : Ethanol = 95:5, Dichloromethane : Ethanol = 9:1, and Dichloromethane : Ethanol = 4:1 sequentially;

(6.3) collecting 3~5 fractions flowing out from the silica gel column;

(6.4) analyzing the 3~5 fractions collected in the step (6.3) by one HPLC-PDA, so as to further collecting fractions containing monascin and ankaflavin; and

(6.5) mixing the fractions collected in the step (6.4) to form a specific fraction containing monascin and ankaflavin;

(7) separating the monascin and the ankaflavin from the specific fraction obtained from the step (6.4) by one preparative high performance liquid chromatography (pre-HPLC); and(8) mixing the monascin and the ankaflavin according to a specific ratio, wherein the optimum value of the specific ratio is 3.56:1.

8. The method of claim 7, wherein the said composition is a mixture of the ankaflavin extracted from the *Monascus* fermented product by the specific ratio of 3.56:1 (v/v).

9. The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 7, wherein the step (7) further comprises the steps of:

(7.1) washing and separating the fraction containing monascin and ankaflavin obtained from step (6) by a C_{18} column in combination with a HPLC and a washing solution;

(7.2) collecting 2 fractions flowing out from the C_{18} column; and

(7.3) analyzing the fractions collected in the previous step by a HPLC-PDA, and collecting fractions containing monascin and ankaflavin respectively.

10 . The method for manufacturing the composition for lowering blood lipid and elevating high-density lipoprotein according to claim 9, wherein the washing solution in step (7.1) is Methanol : water = 85:15.