WHAT IS CLAIMED IS:

1. A method for preventing or treating an elevated blood lipid level-related disease or disorder in a subject comprising administering to the subject an effective amount of one or more gallic acid derivatives, thereby preventing or treating an elevated blood lipid level-related disease or disorder in the subject.

2. A method for preventing or treating inflammation in a subject comprising administering to the subject an effective amount of one or more gallic acid derivatives, thereby preventing or treating inflammation in the subject.

3. A method for preventing or treating a stress response in a subject comprising administering to the subject an effective amount of one or more gallic acid derivatives, thereby preventing or treating a stress response in the subject.

4. The method of any one of claims 1 – 3, wherein the one or more gallic acid derivatives is administered as a nutraceutical.

5. The method of any one of claims 1 - 4, wherein the one or more gallic acid derivatives are selected from the group consisting of: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG1), glucose-6-gallate (GG6), glucose-1,6-digallate (DGG16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid.

6. The method of claim 5, wherein the one or more gallic acid derivatives are selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

7. The method of claim 1, wherein the elevated blood lipid level-related disease or disorder is selected from the group consisting of: hyperlipidemia, arteriosclerosis, fatty liver, angina pectoris, stroke, metabolic syndrome, Alzheimer's disease, obesity, diabetes, arthritis, and inflammatory diseases.

8. A method of reducing cholesterol biosynthesis in a subject comprising administering an effective amount of one or more gallic acid derivatives, thereby reducing cholesterol biosynthesis in a subject.

9. A method of increasing the cellular efflux of cholesterol in a subject comprising administering an effective amount of one or more gallic acid derivatives, thereby increasing the cellular efflux of cholesterol in a subject.

10. A method of inhibiting the cellular uptake of cholesterol in a subject comprising administering an effective amount of one or more gallic acid derivatives, thereby inhibiting the cellular uptake of cholesterol in a subject.

11. A method of inhibiting the oxidation of LDL comprising administering an effective amount of one or more gallic acid derivatives, thereby preventing the oxidation of LDL.

12. The method of any one of claims 8 – 11, wherein the one or more gallic acid derivatives is administered as a nutraceutical.

13. The method of any one of claims 8 – 11, wherein the one or more gallic acid derivatives are selected from the group consisting of: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG1), glucose-6-gallate (GG6), glucose-1,6-digallate (DGG16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid.

14. The method of claim 13, wherein the one or more gallic acid derivatives are selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

15. The method of any one of claims 1 - 14, wherein the at least one gallic acid derivative is present in an amount from about 10mg – 500 mg.

16. The method of claim 15, wherein the at least one gallic acid derivative is present in an amount from about 40mg – 200 mg.

17. The method of any one of claims 1 - 16, further comprising one or more second agents.

18. The method of claim 17, wherein the one or more second agents is a therapeutic agent.

19. The method of claim 18, wherein the therapeutic agent is selected from the group consisting of: inhibitors of cholesterol metabolism, inhibitors of triglyceride synthesis, beta blockers, diuretics, inhibitors of platelet aggregation, angiogenesis inhibitors angiogenesis inhibitors, arthritis medication, toxins, anti-inflammatory agents.

20. The method of claim 18, wherein the therapeutic agent is attached to the gallic acid derivative by a covalent linkage.

21. The method of claim 18, wherein the therapeutic agent is administered in combination with the one or more gallic acid derivatives.

22. A pharmaceutical composition for the treatment or prevention of an elevated blood lipid level-related disease or disorder comprising one or more gallic acid derivatives and a pharmaceutically acceptable excipient.

23. The pharmaceutical composition of claim 22, wherein the gallic acid derivative is derived from EuMil.

24. The pharmaceutical composition of claim 22, wherein the one or more gallic acid derivatives is selected from the group comprising: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG1), glucose-6-gallate (GG6), glucose-1,6-digallate (DGG16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid.

25. The pharmaceutical composition of claim 22, comprising a combination of gallic acid derivatives selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

26. The composition of claim 22, wherein the at least one gallic acid derivative is present in an amount from about 10mg – 500 mg.

27. The composition of claim 26, wherein the at least one gallic acid derivative is present in an amount from about 40mg – 200 mg.

28. The composition of claim 22, further comprising a one or more second agents.

29. The composition of claim 28, wherein the one or more second agents is a therapeutic agent.

30. The composition of claim 29, wherein the therapeutic agent is selected from the group consisting of: inhibitors of cholesterol metabolism, inhibitors of triglyceride synthesis, beta blockers, diuretics, inhibitors of platelet aggregation, angiogenesis inhibitors, arthritis medication, toxins, anti-inflammatory agents.

31. The composition of claim 29, wherein the therapeutic agent is attached to the gallic acid derivative by a covalent linkage.

32. The composition of any one of claims 22 - 31, wherein the composition is administered in a dosage form selected from the group consisting of a food composition, tablet, pill, gel, capsule, suspension tablet, liquid, solution, patch, aqueous emulsion powder, lozenge, sachet, cachet, elixir, suspension, emulsion, solution, syrup, aerosol, ointment, soft gelatin capsule, and hard gelatin capsule, suppository, creams, lotions, solutions, gels, pastes, powder, and suspension.

33. The composition of claim 32, wherein the food composition is a health food product, a food product made from cereal flour, gums, a dairy product, a soup, a broth, a paste, a sauce, a beverage, a powder, a vitamin complex, a food rich in cholesterol, salt, or pepper.

34. The composition of claim 32, wherein the dosage form is further selected from the group consisting of immediate release, sustained release, and delayed release.

35. The composition of claim 32, wherein the dosage comprises about 0.1% to about 95% gallic acid derivative weight to weight of the composition.

36. A kit for the use in preventing or treating an elevated blood lipid level-related disease in a mammal comprising one or more gallic acid derivatives.

37. The kit of claim 36, wherein the one or more gallic acid derivatives is selected from the group comprising: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-

gallate (GG1), glucose-6-gallate (GG6), glucose-1,6-digallate (DGG16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid, , and instructions for use.

38. The kit of claim 37, comprising a combination of gallic acid derivatives selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

39. The method of any one of claims 1 – 18, wherein the subject is a mammal.

40. The method of claim 39, wherein the mammal is a human.

41. A kit for the use in preventing or treating an elevated blood lipid level related disease or disorder in a subject comprising one or more gallic acid derivatives, and instructions for use.

42. A kit for the use in preventing or treating inflammation in a subject comprising one or more gallic acid derivatives, and instructions for use.

43. A kit for the use in preventing or treating a stress response in a subject comprising one or more gallic acid derivatives, and instructions for use.

44. A kit for use in reducing cholesterol biosynthesis, increasing the cellular efflux of cholesterol, or inhibiting the cellular uptake of cholesterol comprising one or more gallic acid derivatives, and instructions for use.

45. The kit of any one of claims 41 – 44, wherein the one or more gallic acid derivatives is administered as a nutraceutical.

46. The kit of any one of claims 41 - 44, wherein the one or more gallic acid derivatives is selected from the group comprising: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG1), glucose-6-gallate (GG6), glucose-1,6-digallate (DGG16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid, and instructions for use.

47. A kit comprising a pharmaceutical composition according to any one of claims 22 – 35, and instructions for use.

WHAT IS CLAIMED IS:

1. A composition for use in reducing elevated blood lipid level in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and

mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

2. The use of a composition in the manufacture of a medicament for reducing elevated blood lipid level in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and

mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

3 The composition of claim 1or the use of claim 2, wherein the one or more gallic acid derivatives is to be administered as a nutraceutical.

4 A composition for use in reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

5. The use of a composition in the manufacture of a medicament for reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

6 A composition for use in increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

7. The use of a composition in the manufacture of a medicament for increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in a subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

8. A composition for use in inhibiting the cellular uptake of cholesterol in a subject wherein the

composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in the subject.

9. The use of a composition in the manufacture of a medicament for inhibiting the cellular uptake of cholesterol in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in a subject.

10. A composition for use in inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby preventing the oxidation of LDL.

11. The use of a composition in the manufacture of a medicament for inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum,* thereby preventing the oxidation of LDL.

12. The composition of claim 4 or the use of claim 5, wherein the two or more gallic acid derivatives are to be administered as a nutraceutical.

13. A composition for use in preventing or treating inflammation in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

14. The use of a composition in the manufacture of a medicament for preventing or treating inflammation in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

15. A composition for use in preventing or treating a stress response in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating a stress response in the subject.

16. The use of a composition in the manufacture of a medicament for preventing or treating a stress response in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating a stress response in the subject.

17. The composition of claim 13 or the use of claim 14, wherein the one or more gallic acid derivatives is to be administered as a nutraceutical.

18. The composition of claim 13 or the use of claim 14, wherein the one or more gallic acid derivatives are selected from the group consisting of: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG 1), glucose-6-gallate (GG6), glucose-l ,6-digallate (DGG 16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid.

19. The composition or the use of claim 18, wherein the one or more gallic acid derivatives are selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

20. The composition of claim 13 or the use of claim 14, wherein the at least one gallic acid derivative is present in an amount from about 10mg - 500 mg.

21. The composition or the use of claim 20, wherein the at least one gallic acid derivative is present in an amount from about 40mg - 200 mg.

22. A composition for use in preventing or treating inflammation in a subject wherein the composition comprises an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis* and one or more second agents, wherein the composition does not contain extracts isolated from *Withania somnifera* or *Ocimum sanctum,* and wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

23. The use of a composition in the manufacture of a medicament for preventing or treating inflammation in a subject wherein the composition comprises an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis* and one or more second agents, wherein the composition does not contain extracts isolated from *Withania somnifera* or *Ocimum sanctum,* and wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

24. The composition of claim 22 or the use of claim 23, wherein the one or more second agents is a therapeutic agent.

25. The composition or the use of claim 24, wherein the therapeutic agent is selected from the group consisting of: inhibitors of cholesterol metabolism, inhibitors of triglyceride synthesis, beta blockers, diuretics, inhibitors of platelet aggregation, angiogenesis inhibitors angiogenesis inhibitors, arthritis medication, toxins and anti-inflammatory agents.

26. The composition or the use of claim 24, wherein the therapeutic agent is attached to the gallic acid derivative by a covalent linkage.

27. The composition or the use of claim 24, wherein the therapeutic agent is to be administered in combination with the one or more gallic acid derivatives.

28. The composition of claim 13 or the use of claim 14, wherein the subject is a mammal.

29. The composition or the use of claim 28, wherein the mammal is a human.