

Re: Too high HDL?

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-03/msg00347.html>

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- *From:* Jim Chinnis <jchinnis@xxxxxxxxxxxxxx>
  - *Date:* Thu, 16 Mar 2006 22:53:54 GMT
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Enrico C <use\_replyto\_address@xxxxxxxxxxxxxx> wrote in part:

On Thu, 16 Mar 2006 17:31:12 GMT, Jim Chinnis wrote in  
<news:g68j12h01qnkilq1gfk5fl0lknh8dok566@xxxxxxx> on sci.med.nutrition  
:

Enrico C <use\_replyto\_address@xxxxxxxxxxxxxx> wrote in part:

Is there such a thing as a too high HDL cholesterol level?

75 is too high?

Certainly not.

The higher HDL, the better?  
What level would be too high?

What level are you worried about? I'd say too high a level is a theoretical  
issue only.

—  
Jim Chinnis Warrenton, Virginia, USA jchinnis@xxxxxxxxxxxxxx  
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