

The Parts of Its Sum //

TRIALS IN AUSTRALIA AND NEW ZEALAND WILL TEST TWO POLYPILL TYPES AND SIX DOSAGE COMBINATIONS. HERE'S A BREAKDOWN OF ONE FORMULATION.

NAME	DOSAGE	FUNCTION	BENEFIT	SIDE EFFECTS
Simvastatin	10, 20 or 40mg	Lowers cholesterol by inhibiting the enzyme HMG-CoA reductase	May reduce heart disease risk by at least 25%	Rare instances of rhabdomyolysis and liver failure
Lisinopril	5 or 10mg	Blocks angiotensin in the kidneys, promoting excretion of salt and water	Together, may reduce heart attack risk by 15%–20%, stroke risk by 40%–50%	Among other effects, adverse levels of potassium and other substances in the blood
Hydrochlorothiazide	12.5mg	Diuretic that blocks kidneys from absorbing sodium		
Aspirin	75mg	Prevents platelets from forming clots	Reduces ischemic heart disease events by 32% and strokes by 16%	Poses the most serious risks, mostly because of hemorrhage
Polypill	Varies	May lower cardiovascular risks: may reduce blood pressure, reduce cholesterol and inhibit platelet function	May prevent more than 50% of heart attacks and strokes	Fewer than 5% of trial subjects likely to drop out because of side effects