

# Plant Sterols 800mg

Up to 80% beta-sitosterols\*

## Presentation

**An oval white speckled clear coated tablet.**

### Each tablet delivers:

Plant Sterols 800mg  
(providing up to 80% beta-sitosterols\*)

\*The relative levels of individual sterols are subject to natural variation.

### Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians** (V) **and vegans** (V)

**quantity**  
60

**type**  
tablets

**code**  
8583



## Uses

Plant Sterols are naturally present in vegetable oils and grains, and have been shown to be vitally important for maintaining healthy cholesterol levels at an intake of at least 800mg/day. In structure, plant sterols are similar to cholesterol and they have been shown to benefit health by partially blocking cholesterol from being re-absorbed from the gut. Cholesterol is naturally secreted in bile to aid digestion and then reabsorbed further down the gut. By blocking this re-absorption of cholesterol, plant sterols can have a positive effect on blood cholesterol levels, even if a low cholesterol diet is being consumed.

Modern diets tend to be low in plant sterols, and so increasingly foods such as margarine are being fortified with sterols. These fortified foods can make a contribution to the daily intake of sterols but achieving an optimum intake by this means may not suit everyone.

These tablets provide a full 800mg of plant sterols and can be added to diet regimes with no effect on the daily calorie intake.

### Usage and administration

1 tablet daily or as directed by practitioner. Total dietary intake of plant sterols should not exceed 3g/day.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. Seek medical advice if taking cholesterol-lowering medication.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

