

Heart Smart

Plant Sterol–Enriched Olive,
Safflower, and Sunflower Oils



- Great-tasting and certified organic
- Formulated with 375 mg of plant sterols per tablespoon
- Excellent for stir-fries, soups, smoothies, baking, and more...



**Tested in our
ISO 17025**
Accredited Laboratory



newrootsherbal.com



Heart Smart



Our trio features certified organic, cold-pressed, plant sterol-enriched olive, sunflower, and safflower oils. Each oil has their own healthy and unique fatty acid profile and culinary applications; what they have in common is a therapeutic amount of 375 mg of plant sterols per tablespoon (approximately 15 ml).

Research has proven that consumption of 2 g of plant sterols per day can reduce harmful (LDL) cholesterol up to 20%. Their side effect-free action is simple: they block intestinal absorption of harmful LDL cholesterol. Let's do some math... Nonvegetarians consume on average 300 mg of plant sterols per day while vegetarians still fall short of substantial cholesterol-lowering benefits, with an average consumption of 600 mg daily. This shortfall is confirmed by Dr. Peter Jones, an international pioneer in lipid nutrition and functional foods, who states: "Even though plant sterols can be and are eaten as part of a healthy diet, it's challenging for Canadians to consume enough plant sterols to lower their cholesterol." Imagine the impact a few tablespoons per day of our Heart Smart oils could make on your health! Their versatility makes it easy to create your own "functional foods."

Keep these oils handy in your kitchen; as the health benefits add up, they'll make lowering your cholesterol naturally a "Heart Smart" occasion.

Heart Smart Olive Oil: Light and fruity, ideal for vinaigrettes and low-temperature sautéing.

Heart Smart Safflower Oil: Smooth-tasting with a high smoke point; great for stir fries, shakes, smoothies, vinaigrettes, and more.

Heart Smart Sunflower Oil: Crisp flavour and high smoke point, excellent for searing and stir fries.

Each tablespoon contains:

Plant sterol esters (combined *beta*-sitosterols, campesterols, and stigmasterols) 375 g

Also contains: Certified organic (safflower, sunflower, or extra virgin olive) oil and vitamin E (mixed tocopherols from non-GMO sunflower [soy for the safflower oil]). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

Olive:	Safflower:	Sunflower:
NPN 80059927 · OM0116	NPN 80059904 · OM0118	NPN 80059922 · OM0117
Fatty Acids	Fatty Acids	Fatty Acids
Palmitic 7.5–20%	Palmitic 4–10%	Palmitic 4–9%
Stearic 0.5–5%	Stearic 1–5%	Stearic 1–7%
Oleic 56–85%	Oleic 8–21%	Oleic 14–40%
Linoleic 3.5–20%	Linoleic 68–83%	Linoleic 48–74%

Suggested use:

Adults: Shake well and take 3 tablespoons daily with food or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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