

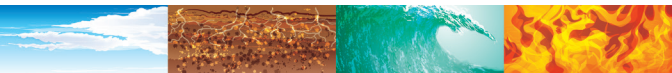
PlantSterols

Side effect-free
cholesterol management



- Convenient source of plant sterols
- Prevents absorption of harmful cholesterol

ISO 17025
Accredited Laboratory



PlantSterols



Plant sterols are a safe and effective, side-effect-free supplement with a long history of use for immune system modulation and enhancement. The positive effects for the management of elevated cholesterol levels (hypercholesterolemia) have also emerged as the most popular application for plant sterols during the last decade. Elevated cholesterol levels have been identified as one of the major risk factors for both heart attack and stroke.

Research has proven phytosterols (plant sterols) effective at competing with harmful low-density lipoproteins (LDL cholesterol) for absorption sites within the intestines. Dr. Peter Jones, director of the Richardson Centre for Functional Food and Nutraceuticals of the University of Manitoba, states that with a supplementation of 2 grams of plant sterols per day, one can expect an average reduction of 0.5 mmol/L, or 10–15% in harmful LDL.

With one level teaspoon (approximately 2 grams) of New Roots Herbal's **PlantSterols** per day, it's easy to reach the recommended daily amount to see a significant reduction in harmful LDL cholesterol and total cholesterol.

"Functional foods" with added plant sterols—ranging from margarine to orange juice—are increasing in popularity. **PlantSterols**, available in a convenient 80-gram shaker, can be added to soups, stews, pasta sauces, and smoothies, to give you the freedom to make virtually any food or meal "functional".

PlantSterols can be used in conjunction with other cholesterol-lowering products for additional therapeutic, side-effect-free results.

Each ½ teaspoon contains:

Free plant sterols (from non-GMO soy).....	1.2 g
<i>beta</i> -Sitosterol.....	480 mg
Campesterol.....	240 mg
Stigmasterol.....	240 mg

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Suggested use:

Adults: Take ½ teaspoon (1.2 g) once or twice daily with food or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1595

