Sterols & Sterolins
Cholesterol

Take Control of Your Cholesterol

• Can help you lower your cholesterol levels
How Sterols & Sterolins Cholesterol Can Help You

The discovery that plant sterols in the diet can lower cholesterol absorption may explain why diets rich in fruits and vegetables are so good for cholesterol levels. While there are many drugs available to lower cholesterol, supplementing with Sterols & Sterolins Cholesterol is a healthy and natural alternative when it comes to lowering cholesterol levels.

Amazingly Safe

Best of all, Sterols & Sterolins Cholesterol is 100% guaranteed non-GMO and may be used in conjunction with lovastatin-based medications.

Cholesterol can be both good and bad. If you’ve been told you need to manage your cholesterol, then Sterols & Sterolins Cholesterol is the perfect supplement for you.

One of the biggest health problems produced by the modern diet is elevated cholesterol, and one of the best-established uses of plant sterols is in the treatment of cholesterol problems. Sixteen studies involving 590 people with high cholesterol levels have shown that sterols from plants can reduce total cholesterol by an average of 15% and LDL cholesterol (the one that does the harm) by 13%. Sterols & Sterolins Cholesterol can play an important role in heart-health programs.

Understanding Cholesterol

Heart disease is caused by the narrowing of coronary arteries that feed the heart. Like any muscle, the heart needs a constant supply of oxygen and nutrients, which are carried to it by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged by cholesterol and fat deposits, a process called atherosclerosis occurs, and they cannot supply enough blood to the heart; the result is coronary heart disease (CHD). If not enough oxygen-carrying blood reaches the heart, you may experience chest
pain called angina. If the blood supply to a portion
of the heart is completely cut off by total blockage
of a coronary artery, the result is a heart attack; this
is usually due to a sudden closure from a blood clot
forming on top of a previous narrowing.

Cholesterol is a waxy, fat-like substance that occurs
naturally in all parts of the body and that your body
needs to function normally. It is present in cell walls
and membranes throughout the body. Your body uses
cholesterol to produce many hormones, vitamin D,
and the bile acids that help digest fat; it takes only a
small amount of cholesterol in the blood to meet these
needs. If too much cholesterol is in the bloodstream,
the excess is deposited in the arteries, including the
coronary arteries, where it causes the narrowing and
blockages that cause the signs and symptoms of heart
disease.

**Sterols & Sterolins Cholesterol** is a blend
of plant sterols and certified organic flaxseed oil. *beta*-Sitosterols, the
main sterols found in **Sterols & Sterolins Cholesterol**, reduce cholesterol.

**What Plant Sterols Can Do for You**

Plant sterols are natural components of many
vegetables and grains. Specific scientific evidence
suggest that plant sterols help to lower cholesterol
levels within the normal range when consumed as
part of a low-cholesterol dietary program. The three
main sterols are *beta*-sitosterols, campesterol,
and stigmasterol. They are natural, safe, and derived
entirely from plant sources.

The National Cholesterol Education Panel issued a
new recommendation in 2001 that plant sterols be
added to cholesterol-lowering regimens, along with
the more traditional cholesterol-fighting tools such as
regular exercise, weight loss, and a low-fat diet.
It Gets Better Still

Studies have concluded that sterols and sterolins are more bioavailable when formulated at a 2:1 ratio in nutritional oils. Oil such as that of flax seed will increase the sterols and sterolins solubility, making them very bioavailable.

References


Each softgel contains:

- Organic flax (Linum usitatissimum) seed oil ........................................ 666 mg
- alpha-Linolenic acid ................................................................. 369 mg
- Linoleic acid ............................................................................ 109 mg
- Free plant sterols (from non-GMO soy) ........................................ 350 mg
  - beta-Sitosterols ..................................................................... 151 mg
  - Campesterol .......................................................................... 90 mg
  - Stigmasterol .......................................................................... 88 mg

Other ingredients: Lecithin (from non-GMO sunflower oil) and beeswax in a softgel composed of annatto extract, sunflower oil, bovine gelatin, glycerin, and purified water.

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Directions of use:

Adults: Take 3 softgels daily with food or as directed by your health-care practitioner.

Note: This product may be used with statin-based cholesterol-lowering medications.

Manufactured under strict GMP (Good Manufacturing Practices).