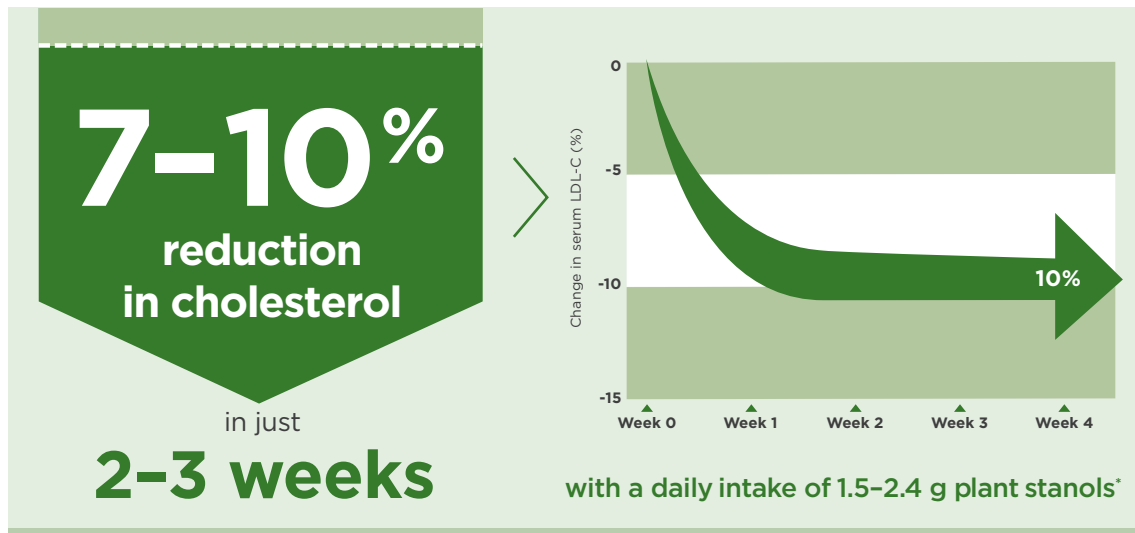


# PLANT STANOL ESTER

## Fast and sustainable cholesterol reduction

Maintaining a healthy blood cholesterol level is important to support heart wellbeing. Plant stanol ester, the cholesterol-lowering ingredient in **Benecol® functional foods**, provides an effective way to lower LDL cholesterol as part of a healthy diet.



**80+**

**clinical studies** published exploring the efficacy and safety of plant stanols



**European guidelines** recommend plant stanols for lowering cholesterol<sup>1,2</sup>

**Benecol offers a broad range of products to ensure that achieving adequate plant stanol intake is easy**



\*Plant stanol ester has been shown to lower cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. A daily intake of 1.5-2.4 g plant stanols lowers cholesterol by 7-10% in 2 to 3 weeks. The beneficial effect is obtained with a daily intake of 1.5-3.0 g plant stanols.

Please visit [www.benecol.com/hcp](http://www.benecol.com/hcp) for more information on plant stanol ester for healthcare professionals.

For more information on our clinical studies or for patient leaflets and coupons please call 0800 018 4010 (UK) 1800 551 707 (ROI) (Mon - Fri 09:00 - 17:00)

LDL: low-density lipoprotein.

**References:**

1. Mach F, Baigent C, Catapano AL *et al.* Eur Heart J 2019; doi:10.1093/eurheartj/ehz455.
2. Piepoli MF, Hoes AW, Agewall S *et al.* Eur Heart J 2016; 37: 2315-2381.

