

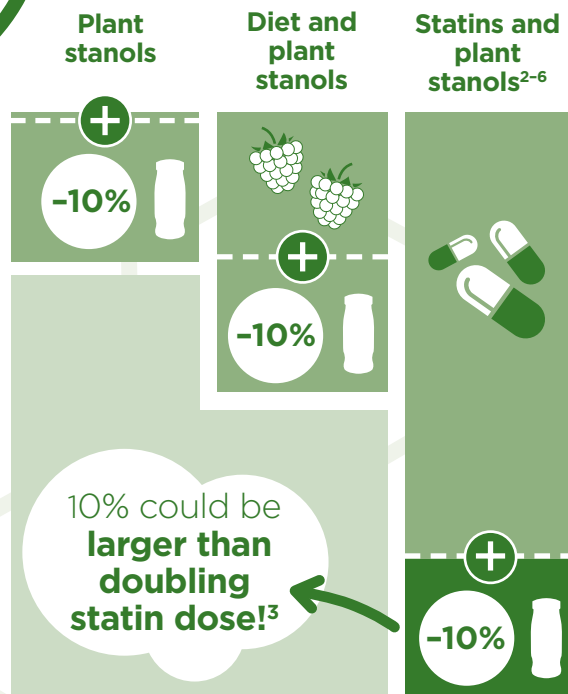
# PLANT STANOLS PROVIDE ADDITIONAL CHOLESTEROL-LOWERING ALONGSIDE STATINS



**Over half of adults in Europe have elevated blood cholesterol<sup>1</sup>**

Many take statins to help reduce their risk of developing cardiovascular heart disease<sup>1</sup>

**Plant stanols** found in Benecol<sup>®</sup> products lower LDL cholesterol enabling an **additive cholesterol-lowering to statins<sup>2-6</sup>**



**Clinical guidelines recommend reducing LDL cholesterol...**

**...through lifestyle modification**

**...and drug therapies**

**...for prevention of cardiovascular heart disease<sup>7</sup>**

European guidelines recommend plant stanols as part of the management of raised cholesterol as an adjunct to drug therapy in high and very high risk patients who fail to achieve LDL cholesterol target levels on statins or are statin intolerant

The distinct mechanism of action of plant stanols for reducing cholesterol absorption in the intestine allows an additive effect to statins

**50% or more of patients** ...discontinue statins within 1 year of treatment initiation, and more do so over longer time periods<sup>8</sup>

Adherence to statin treatment has been reported to be poor in both the short and long term, emphasising the importance of maintaining cholesterol lowering dietary measures alongside medication<sup>9</sup>

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 lower cholesterol by 7-10% in 2 to 3 weeks. The beneficial effect is obtained with a daily intake of 1.5 to 3 g plant stanols.

LDL: low-density lipoprotein.

**References:**

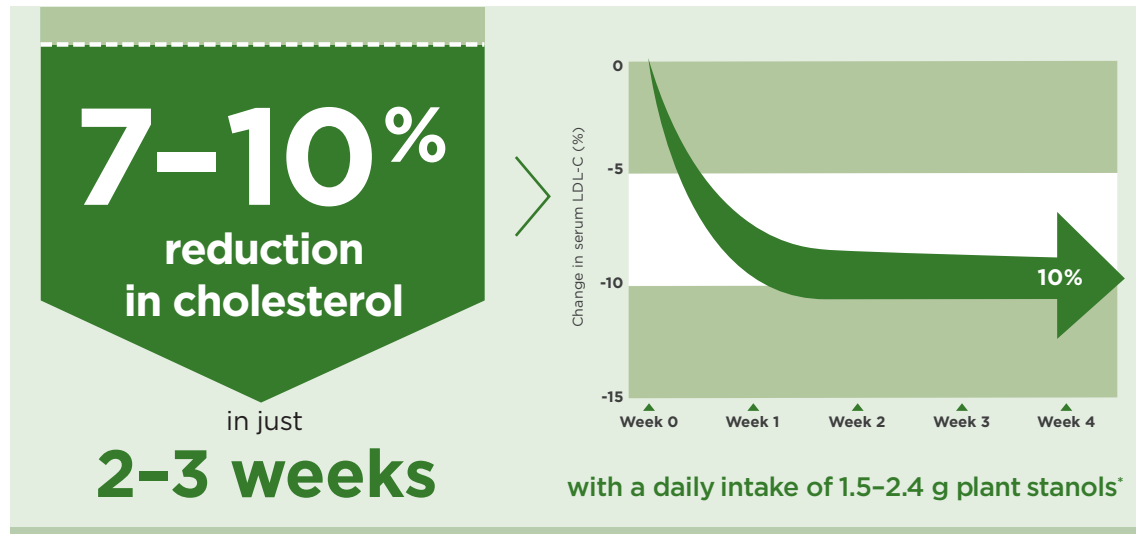
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# PLANT STANOL ESTER

## 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.

