

This document includes references to all published clinical efficacy studies done with plant stanol ester. Scientific articles listed in bullet points are papers that report supplemental data from the same clinical study as the numbered article above them. A link to a full text is provided if available. Otherwise, a link to an abstract is provided. Articles that are not available online are marked accordingly.

Clinical efficacy studies (in alphabetical order):

1. Algorta Pineda J, Chinchetru MJ, Aguirre J, Francisco S. [Hypocholesteremic effectiveness of a yogurt containing plant stanol esters]. In Spanish. Rev Clin Esp 2005; 205: 63-66.
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Link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/16546486>
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4. Athyros VG, Kakafika AI, Papageorgiou AA, Tziomalos K, Peletidou A, Vosikis C, Karagiannis A, Mikhailidis DP. Effect of a plant stanol ester-containing spread, placebo spread, or Mediterranean diet on estimated cardiovascular risk and lipid, inflammatory and haemostatic factors. Nutr Metab Cardiovasc Dis 2011; 21: 213-221.
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Link to abstract: <http://www.sciencedirect.com/science/article/pii/S0039128X15000379>
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Link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/10867091>

7. Buyuktuncer Z, Fisunoglu M, Guven GS, Unal S, Besler HT. The cholesterol lowering efficacy of plant stanol ester yoghurt in a Turkish population: a double-blind, placebo-controlled trial. *Lipids Health Dis* 2013; 12: 91.
Link to full text: <http://www.lipidworld.com/content/12/1/91>
 - Demirel ZB, Fisunoglu M, Güven GS, Ünal S, Besler T. Effects of yoghurt with plant stanols on serum lipid profile in patients with mild to moderate hyperlipidemia [in Turkish]. *Beslenme Diyet Dergisi* 2013; 41: 35-41.
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8. Brüll F, De Smet E, Mensink RP, Vreugdenhil A, Kerksiek A, Lütjohann D, Wesseling G, Plat J. Dietary plant stanol ester consumption improves immune function in asthma patients: results of a randomized, double-blind clinical trial. *Am J Clin Nutr* 2016; 103: 444-453.
Link to full text: <https://academic.oup.com/ajcn/article/103/2/444/4569379>
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25. Hallikainen M, Lyyra-Laitinen T, Agren JJ, Pihlajamäki J, Rauramaa R, Miettinen TA, Gylling H. Endothelial function in hypercholesterolemic subjects: Effects of plant stanol and sterol esters. *Atherosclerosis* 2006; 188: 425-432.
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