



Believe in Benecol

THE 3-WEEK CHOLESTEROL LOWERING PROGRAMME

We asked over **100 healthcare professionals** with elevated cholesterol from the UK, Ireland and Finland to try Benecol products for just **3 weeks** so they could experience the cholesterol lowering effects of plant stanols* for themselves.

We asked them to share their cholesterol levels before and after consuming a Benecol product containing 2g of plant stanols every day for 3 weeks.



77% ...of healthcare professionals lowered their LDL

cholesterol levels



... is the reduction that overall participants saw in their LDL cholesterol levels after taking part in the programme





67%

... of participants said they

will provide an additive

know that Benecol products

cholesterol lowering effect

medication after completing

if taken alongside statins

the programme

average LDL level average LDL level before the challenge after the challenge



3<

only 14%

Before the project,



of participants said they had started to use a functional food to lower their cholesterol in the last year



... of participants now believe consuming plant stanols in Benecol products is a natural way to lower cholesterol, an increase of 18% from before they started the programme

62%

... of participants said they will make changes to their diet after completing the challenge



76%

...said they believe that consuming plant stanols in Benecol products is an easy way for patients to lower their cholesterol





88%

... of participants know that the plant stanols in Benecol products are clinically proven to lower cholesterol after completing the programme