

International and national guidelines and position papers recognizing the use of plant stanol ester for reducing LDL-cholesterol:

Task Force for cardiovascular disease prevention in clinical practice with representatives of the European Society of Cardiology and 12 medical societies, 2021

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The Finnish Medical Society Duodecim, 2020

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Standards of Medical Care in Diabetes – 2019. Cardiovascular Disease and Risk Management. *Diabetes Care* 2019; 42(Supp 1): S103-S123.

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Visit www.Benecol.co.uk/hcp for more information and resources relating to plant stanol ester for healthcare professionals.

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 in 2 to 3 weeks.