

Phytosterols

Immediate Release



Heart +
Men's Health

What Is It?*

Phytosterols is an immediate-release dietary supplement. Each tablet provides 450 mg of phytosterols, including beta-sitosterol (40%), campesterol (20%), stigmasterol (14%) and other plant sterols.

How Does It Work?*

Phytosterols may help reduce the risk of heart disease by lowering elevated total and LDL cholesterol.** Plant sterols compete with cholesterol for space within bile salt micelles in the intestinal lumen, thereby helping to block the absorption of cholesterol from both food and cholesterol recycled by the liver (enterohepatic circulation).

For men, Phytosterols provides a clinically effective amount of phytosterols shown to promote optimal urinary tract health, urinary flow, and prostate health.

Note: Phytosterols should be avoided in patients with phytosterolemia (sitosterolemia), a rare autosomal recessive sterol storage disease that leads to impaired elimination of plant sterols and stanols.

Product Availability

Bottle Size(s):
– 60 tablets
– 180 tablets

Directions: Take one (1) tablet at the beginning of a meal, twice daily, or as directed by your healthcare professional.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		%DV
Calcium (as phosphate)	50mg	4%
Phosphorus	38mg	3%
Phytosterols (as beta-sitosterol (40%), campesterol (20%), stigmasterol (14%) and other sterols)	450 mg	

*Daily Value (DV) not established

Other Ingredients: Cellulose, modified cellulose, silica, stearic acid (vegetable), and magnesium stearate (vegetable).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Phytosterols

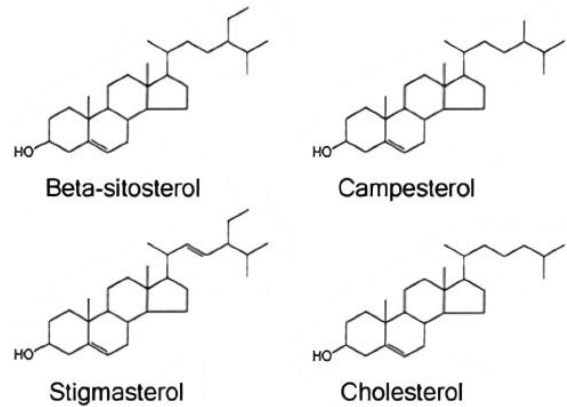
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RESEARCH HIGHLIGHTS

Phytosterols are most effective when consumed with meals and as part of a diet low in saturated fat and cholesterol.¹

Since phytosterols inhibit cholesterol absorption in a dose-dependent manner, most health organizations recommend about 2,000 mg/day for optimal LDL cholesterol lowering:²

- **Dietary intakes (300–400 mg/day)**
Reduces cholesterol absorption by about 5%
- **Supplemental intakes (1,500–2,000 mg/day)**
Reduces cholesterol absorption by 35% to 40%
- **Higher doses (>3,000 mg/day)**
No added benefit as effect on cholesterol absorption generally plateaus.



Phytosterols are structurally similar to cholesterol and compete for the same transporters in the small intestine. This action helps block the absorption of cholesterol from both food and cholesterol recycled by the liver.²

May help reduce heart disease risk by lowering LDL cholesterol**



The LDL cholesterol-lowering effect of phytosterols is well documented. The lowest effective dose is 800–1,000 mg/day (divided with meals),³ but health organizations recommend about 2,000 mg/day (divided with meals) for optimal results.²

Promotes urinary tract health, optimal urinary flow & prostate health



Controlled clinical trials indicate beta-sitosterol supports prostate health, urinary tract health, and optimal urinary flow. Effective dosing is reported to be in the range of 60–130 mg/day, divided into two to three doses.⁴

References

1. Nattagh-Eshstivani E, et al. *Phytother Res.* 2022;36(1):299–322.
2. Poli A, et al. *Nutrients.* 2021;13(8):2810.
3. Berger A, et al. *Lipids Health Dis.* 2004;3:5.
4. Wilt T, et al. *Cochrane Database Syst Rev.* 2000;(2):CD001043.

**Foods and supplements containing at least 400 mg per serving of plant sterols, eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Phytosterols provides 450 mg of phytosterols.*

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