

# Top Five Reasons to Recommend Plant Sterols to Your Patients Who Are Concerned About Their Cholesterol Levels



- 1 Plant sterols are clinically proven to help lower cholesterol:** Research shows that plant sterols are clinically proven to significantly lower LDL cholesterol levels, as part of a diet low in saturated fat and cholesterol.
- 2 Help increase cholesterol removal with plant sterols in your diet:** Plant sterols block some of the absorption of cholesterol in the gut and increase cholesterol removal from the body.
- 3 Plant sterols can help lower cholesterol with little or no effect on HDL cholesterol:** Plant sterols have little or no effect on HDL cholesterol levels when LDL cholesterol levels are reduced.
- 4 There's proven efficacy in over 170 studies:** There are over 170 clinical intervention studies that have shown that plant sterols can lower total cholesterol and LDL cholesterol levels.
- 5 Plant sterols are recommended by leading health professional organizations:** In addition to a diet low in saturated fat and cholesterol, the National Cholesterol Education Program (NCEP), the American Dietetic Association (ADA) and the American Heart Association (AHA) dietary guidelines for blood lipid management recommend 2 grams of plant sterols per day to help lower LDL cholesterol levels.

## About Plant Sterols and Plant Sterol-Containing Foods...

- Plant sterols are naturally present in low levels in foods (vegetable oils, nuts, grain products, fruits and vegetables). However, these levels are so small, making it difficult to reach the amounts necessary to help reduce cholesterol. Plant sterol enriched foods contain greater amounts, generally 0.4–2 grams per serving, making it easier for individuals to achieve the recommended amount per day.
- Plant sterol-containing foods can be an easy, convenient and tasty way to actively lower your cholesterol.

- Two servings of Promise activ® Spread can provide the recommended amount of plant sterols (2 grams) per day. One serving of Promise activ® Spread has 1 gram of plant sterols.



- For optimal cholesterol-lowering results, foods containing plant sterols should be eaten twice a day with meals.

*Food containing at least 0.4 grams per serving of plant sterols, eaten twice a day with meals for a daily total intake of at least 0.8 grams, as part of a diet low in saturated fat, trans fat and cholesterol, may reduce the risk of heart disease.*