



CardioSterol

Comprehensive Support for Healthy Cholesterol Levels*

CardioSterol is a phytosterol complex with niacin that supports healthy cholesterol levels.* Phytosterols are structurally similar to cholesterol and may help to promote healthy lipid levels already in a normal range.*¹ Niacin may help promote healthy plasma lipid and lipoprotein metabolism already in a normal range.*²

How CardioSterol Works

The phytosterol complex contained in CardioSterol includes beta-sitosterol, stigmasterol, and campesterol to help support cholesterol absorption processes in the intestinal micelles.*³ Phytosterols belong to the family of molecules found in the cell membranes of plants.¹ Clinical studies show that a diet low in saturated fat, whole foods, and plant sterols promotes heart health.*^{1,3,4}

Numerous clinical studies also show a positive connection between cardiovascular health and niacin consumption.*^{2,5,6} Niacin may help support healthy lipid levels already in a normal range by relaxing blood vessels and promoting healthy circulation.*⁶

CardioSterol also supports healthy immune function and overall well-being.*⁷

CardioSterol Supplementation

The ingredients in CardioSterol are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting healthy heart function.*

Clinical evidence and research cited herein shows that the ingredients in CardioSterol may:

- Support healthy cholesterol levels*
- Promote healthy lipid levels already in a normal range*
- Support healthy immune function*



Form: 90 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Niacin (vitamin B3/nicotinic acid)	20 mg	125%
Phytosterol Complex	285 mg	**
Beta-Sitosterol		
Campesterol		
Stigmasterol		

Other Ingredients:

Hydroxypropyl methylcellulose (vegetable capsule), silica, rice flour, vegetable magnesium stearate.

Directions:

Take one capsule with each meal or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

* 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.

References:

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4. Lin, X., Racette, S., Lefevre, M., Spearie, C., Most, M., Ma, L., & Ostlund, R. (2010). The effects of phytosterols present in natural food matrices on cholesterol metabolism and LDL-cholesterol: A controlled feeding trial. *European Journal of Clinical Nutrition*, 64(12), 1481-1487.
5. Lavigne, P. M., & Karas, R. H. (2013). The current state of niacin in cardiovascular disease prevention: A systematic review and meta-regression. *Journal of the American College of Cardiology*, 61(4), 440-446.
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7. Saeidnia, S., Manayi, A., Gohari, A., & Abdollahi, M. (2014). The story of beta-sitosterol—A review. *European Journal of Medicinal Plants*, 4(5), 590-609.