

# **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. 43 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.

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:

- 1. Linus Pauling Institute at Oregon State University. (n.d.). *Phytosterols*. Retrieved from https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/phytosterols
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- 3. Ostlund, R. (2004). Phytosterols and cholesterol metabolism. Current Opinion in Lipidology, 15(1), 37-41.
- 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.
- 6. Mani, P., & Rohatgi, A. (2015). Niacin therapy, HDL cholesterol, and cardiovascular disease: Is the HDL hypothesis defunct? *Current Atherosclerosis Reports*, 17(8), 521.
- 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.