



**Ingredients**

**Each vegetable capsule contains:**

Total of Non-GMO Sterols.....	54 mg
Beta-Sitosterols.....	35 mg
Stigmasterols .....	7.1 mg
Campesterols.....	6.0 mg
Delta 5 Avenasterols.....	2.2 mg
Delta 5, 24 Estigmastenols.....	1.6 mg
Delta 7 Estigmastenols .....	1.7 mg
Delta Avenasterols .....	0.4 mg
Arabinogalactane from Larch (patented).....	275 mg

Your immune system's best friend.

WHETHER YOU ARE LOOKING TO BOOST YOUR IMMUNE SYSTEM OR CALM IT, STEROLS & STEROLINS IS THE SUPPLEMENT FOR YOU.



**STEROLS & STEROLINS**  
Sold exclusively to finer Health Food Stores  
**1-800-268-9486** [www.newrootsherbal.com](http://www.newrootsherbal.com)



**STEROLS & STEROLINS** is a blend of plant sterols. Beta-sitosterols, the main sterols found in **STEROLS & STEROLINS**, inhibit tumors, reduce cholesterol, treat atherosclerosis and ulcers, and modulate the immune system.

## Just what your immune system needs.

STEROLS & STEROLINS helps both under and over active immune systems because it is an immune modulator not an immune stimulator. That means it corrects and balances the immune system, no matter which way it needs to be adjusted.

NORTH AMERICANS TEND TO EAT TOO MUCH MEAT AND NOT ENOUGH FRUITS, VEGETABLES AND SEEDS – WHERE BETA-SITOSTEROLS ARE NATURALLY FOUND.

### Amazingly Safe

#### Beta-sitosterols

Beta-sitosterols are natural supplements that have been used for a years to treat benign prostate hyperplasia and high cholesterol. Completely safe, they are non-toxic, possess no known drug interactions and can even be used by pregnant and nursing women.

#### Arabinogalactans

In vitro studies have shown that Larch Tree Arabinogalactans stimulate the function of some immune cells.

## Something for everyone.

### Prostate problems

Beta-sitosterols are well known to people who use herbs as a major component of the prostate healing herbs pygeum and nettles. Saw palmetto, the most famous prostate herb of all, contains both beta-sitosterols and their sterolins. Several studies have also proven beta-sitosterols to be helpful, not only for prostate disease, but also for benign prostate hyperplasia, the enlargement of the prostate that affects so many men.

### Cholesterol

One of the biggest health problems produced by our modern diet is elevated cholesterol, and one of the best-established uses of plant sterols is in the treatment of cholesterol problems. Recently, sixteen studies involving 590 people with high cholesterol levels have shown that sterols from plants can reduce total cholesterol by an average of 15% and LDL cholesterol (the one that does the harm) by 18%. Beta-sitosterols also fight atherosclerosis (atherosclerotic plaque on artery walls). New Roots' Sterols & Sterolins can play an important role in heart health programs.

### Immunity

Sterols & Sterolins also play an important role in the prevention and treatment of the other major killers of our day. A number of studies have shown it to be an excellent supplement for the immune system. Studies have shown it to boost a number of immune system components, including T-cells, interleukin-2, gamma interferon and natural killer cells.

### Athletes and Exercise

Another group of people who will benefit from supplementing with New Roots' Sterols & Sterolins are athletes and exercisers who train intensely. This group of people is well known to suffer from immune suppression because of the intensity of the exercise. A very interesting double-blind study of healthy marathon runners looked at the ability of beta-sitosterols to counteract the immune suppression of heavy exercise.

Amazingly, while several measures of immunity dropped significantly in the placebo group, there was absolutely no drop in the group receiving the sterols and sterolins. As in the AIDS research, the beta-sitosterols showed the ability to raise the important CD3 and CD4 immunity cells while they dropped in the placebo group. Also, while inflammation and stress went up in the athletes on a placebo, they went down in the marathoners on sterols and sterolins.

### Suggested Use

As a food supplement, take 1 capsule two times daily, or as directed by your health care practitioner. More effective when taken with vegetable oil (i.e.: olive, or flax seed), or with a meal.

For intensive treatment, dosage may be increased to 3 capsules per day. For optimal absorption, do not consume any dairy products or animal fats within 1 hour.

### Warning

Consult your health care practitioner before taking this product if you are diabetic or are an organ/tissue transplant recipient.

### References:

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