



Sterols&Sterolins

Take control of
your cholesterol.

Ingredients

Each softgel contains:

Free Plant Sterols (from <i>Glycine max</i> & <i>Brassica napus</i>).....	350 mg
Providing:	
Beta-sitosterols.....	151 mg
Stigmasterols	88 mg
Campesterols	90 mg
<i>Linum usitatissimum</i> (Flaxseed) (oil).....	666 mg
Providing:	
Omega-3 fatty acids (ALA)	369 mg
Linoleic acid	109 mg
Oleic acid	129 mg

STEROLS & STEROLINS CHOLESTEROL
CAN HELP YOU LOWER YOUR
CHOLESTEROL LEVELS.



STEROLS & STEROLINS CHOLESTEROL
Sold exclusively to finer health food stores
www.newrootsherbal.com/store



STEROLS & STEROLINS
CHOLESTEROL is a blend of plant
sterols and certified organic flaxseed
oil. Beta-sitosterols, the main sterols
found in STEROLS & STEROLINS,
inhibit tumors, treat atherosclerosis,
modulate the immune system and,
most importantly, reduce cholesterol.

How STEROLS & STEROLINS CHOLESTEROL can help you.

The discovery that plant sterols in the diet can lower cholesterol absorption may explain why diets rich in fruits and vegetables are so good for cholesterol levels. While there are many drugs available to lower cholesterol, supplementing with STEROLS & STEROLINS CHOLESTEROL is a healthy and natural alternative when it comes lowering cholesterol levels and fighting cardiovascular disease.

40 DOUBLE-BLIND STUDIES
CONCLUDED THAT THE
ACTIVES IN STEROLS &
STEROLINS CHOLESTEROL
REDUCE BAD CHOLESTEROL
BY AN AVERAGE OF 15%.

Amazingly Safe

Beta-sitosterols are natural supplements that have been used for 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. And, best of all, STEROLS & STEROLINS CHOLESTEROL is 100% guaranteed non-GMO. STEROLS & STEROLINS CHOLESTEROL may be used in conjunction with lovastatin medications.

Understanding Cholesterol.

Cholesterol can be both good and bad. If you've been told you need to manage your cholesterol, then STEROLS & STEROLINS CHOLESTEROL is the perfect supplement for you.

One of the biggest health problems produced by the 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 13%. Beta-sitosterols also fight atherosclerosis (atherosclerotic plaque on artery walls). STEROLS & STEROLINS CHOLESTEROL can play an important role in heart health programs.

Heart disease is caused by the narrowing of coronary arteries that feed the heart. Like any muscle, the heart needs a constant supply of oxygen and nutrients, which are carried to it by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged by cholesterol and fat deposits, a process called atherosclerosis occurs and they cannot supply enough blood to the heart.

The result is coronary heart disease (CHD). If not enough oxygen-carrying blood reaches the heart, you may experience chest pain called angina. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack. This is usually due to a sudden closure from a blood clot forming on top of a previous narrowing.

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and that your body needs to function normally. It is present in cell walls and membranes throughout the body. Your body uses cholesterol to produce many hormones, vitamin D, and the bile acids that help to digest fat. It takes only a small amount of cholesterol in the blood to meet these needs. If too much cholesterol is in the bloodstream, the excess is deposited in the arteries, including the coronary arteries, where it causes the narrowing and blockages that cause the signs and symptoms of heart disease.

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.

What plant sterols can do for you:

Plant sterols are natural components of many vegetables and grains. Specific scientific evidence suggest that plant sterols help to lower cholesterol levels within the normal range when consumed as part of a low cholesterol dietary program. The three main sterols are beta-sitosterols, campesterols, and stigmasterols. They are natural, safe and derived entirely from plant sources.

The National Cholesterol Education Panel issued a new recommendation in 2001 that plant sterols be added to cholesterol-lowering regimens, along with the more traditional cholesterol-fighting tools, such as regular exercise, weight loss, and a low-fat diet.

It gets better still!

Recent studies have concluded that sterols & sterolins are more bioavailable when formulated at a 2:1 ratio in nutritional oils. Oil such as flax seed will increase the sterols & sterolins solubility making them very bioavailable.

Suggested Use

Take 4 softgels daily with meals, or as directed by your health care practitioner.

Warning

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

References:

1. Law M. (2000).
2. Lichtenstein AH. (2002).
3. Jones PJH, Raeini-Sarjaz M. (2001).
4. Nutrition Reviews (2001).
5. St-Onge M-P, Jones PJH. (2003).
6. Moreau RA, Whitaker BD, Hicks KB. (2002).
7. Jones *et al.* (1999).
8. Ostlund, RE Jr., Racette SB, Okeke A, Stenson WF. (2002).

