



## *Nutritional support for cardiovascular and prostate health*

### APPLICATIONS / BENEFITS

- Helps maintain cholesterol levels already within normal range
- Enhances bile acid secretion
- Supports liver function
- Promotes prostate health

### OVERVIEW

**Patient One Phytosterol Complex** supplies plant sterols to promote healthy heart and prostate function. Beta-sitosterol, the most abundant plant sterols, also contains Campesterol and Stigmasterol for additional health benefits.

Phytosterols are sterol molecules, structurally similar to cholesterol, which are synthesized by plants and are naturally found in grains, nuts, seeds, fruits and vegetable oils. Typical Western diets provide a low amount of phytosterols--only about 100-200 mg per day (based on beta-sitosterol content), in sharp contrast to vegetarian and Japanese diets that contain 345 and 400 mg/day, respectively. Further, natural phytosterols are often removed from vegetable oils during processing, pointing toward supplementation as an effective way to receive these healthy molecules.

Studied for more than 50 years, clinical trials suggest that phytosterols provide statistically significant support for healthy lipid metabolism. When plant sterols travel through the digestive tract, they get in the way of dietary cholesterol (from food such as meat and eggs) being absorbed into the bloodstream. Therefore, less total cholesterol is absorbed by the body when plant sterols are present. Plant sterols are believed to block absorption of cholesterol in the intestines while promoting healthy production of bile, offering dual-action support for

balanced cholesterol levels. Phytosterols support liver receptor function and maintain healthy enzyme activity.

Beta-sitosterol also promotes healthy prostate function. Research suggests phytosterols naturally bind to prostate tissues, where they exert inflammation-modulating activity and influence cell signaling to help promote normal cell growth in the prostate. Phytosterols have been proposed to modulate testosterone; high intakes may also inhibit 5-alpha- reductase enzyme.

### RESEARCH

- In a meta-analysis that combined the results of 14 different studies, researchers concluded that plant sterols or stanols lowered LDL cholesterol by 9–14%. Another research study found that phytosterol therapy appeared to reduce LDL cholesterol by an average of 10-11%. Researchers suggested that plant sterols may be recommended for patients who experience complications with mainstream cholesterol therapies.

## REFERENCES

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## Supplement Facts

**Serving Size: 2 Capsules**

**Servings Per Container: 45**

### Amount Per Serving

Phytosterol Concentrate (vegetable oils) 900 mg\*  
Providing 95% Total Phytosterols (855 mg)  
including Beta-Sitosterol, Campesterol,  
Stigmasterol, Brassicasterol, Beta-Sitostanol

\* Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), microcrystalline cellulose, calcium palmitate, silica, chlorophyll

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 2 capsules once or twice daily, preferably with your two largest meals of the day, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur.

**Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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