



Step One Foods is a simple, non-pharmaceutical food-based option that doesn't require unrealistic diets or daily workouts.

2 SERVINGS
daily

NO

additional dietary or lifestyle changes

NO

statin-related side effects

Science-Based

Step One Foods was developed by a cardiologist and is based on hundreds of clinical studies that support the formulation of our products. Every serving of Step One Foods contains the precise amounts of fiber, omega-3 fatty acids, plant sterols, and antioxidants extensively documented to help reduce cholesterol and positively impact cardiovascular health.

FIBER enhances cholesterol excretion

PLANT STEROLS reduce intestinal cholesterol absorption

ANTIOXIDANTS reduce inflammation and LDL oxidation

OMEGA-3s lower TGs and raise HDL, reduce inflammation and inhibit clot formation

Heart Healthy Benefits

Multiple studies have shown that diets rich in whole food fiber, omega-3 fatty acids, plant sterols and antioxidants:

- | | | |
|------------------------------------|--------------------------------------|------------------------------|
| 1 Lower LDL cholesterol | 2 Lower blood pressure | 3 Reduce inflammation |
| 4 Improve vascular function | 5 Improve blood sugar control | 6 Weight loss |

Easy & Delicious

For optimal results, replace two typical snacks (or breakfast and a snack) with two servings of your favorite Step One Foods.

- Six great-tasting on-the-go and easy-prep options
- Made exclusively from whole-food, gluten-free, non-GMO ingredients
- Certified by the Celiac Support Association
- Available online

Real-World Results

24% Average reduction in LDL cholesterol in just 30 days*

(*customer reported results; data on file)

Step One Foods may be right for you if:



You have high cholesterol.

AND



Don't want to take cholesterol-lowering medications.

OR

Have contraindications for statins.

OR

Are too busy to prepare healthy meals or exercise every day.

OR

Are at maximum statin dose but still have high cholesterol.