

## CardioSterol

Comprehensive Support for  
Healthy Cholesterol Levels\*

### CardioSterol Supplementation

CardioSterol is a phytosterol complex with niacin that supports healthy cholesterol levels.\* Phytosterols are structurally similar to cholesterol and may help promote healthy lipid levels already in a normal range.\*<sup>1</sup> Niacin may help promote healthy plasma lipid and lipoprotein metabolism already in a normal range.\*<sup>2</sup>

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 show that the ingredients in CardioSterol may:

- Support healthy cholesterol levels\*
- Promote healthy lipid levels already in a normal range\*
- Support healthy immune function\*

### 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.\*<sup>3</sup> Phytosterols belong to the family of molecules found in the cell membranes of plants.<sup>1</sup> Clinical studies show that a diet low in saturated fat, whole foods, and plant sterols promotes heart health.\*<sup>1,3,4</sup>

Numerous clinical studies also show a positive connection between cardiovascular health and niacin consumption.\*<sup>2,5,6</sup> Niacin may help support healthy lipid levels already in a normal range by relaxing blood vessels and promoting healthy circulation.\*<sup>6</sup>

CardioSterol also supports healthy immune function and overall well-being.\*<sup>7</sup>



# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	%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.

**Directions:** 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.

## References:

1. Linus Pauling Institute at Oregon State University. (n.d.). Phytosterols. Retrieved from <https://pi.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.

\* 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.

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