

# Foresterol™

Plant Sterol/Stanol Blend



CARDIOVASCULAR HEALTH†



Cholesterol is an important fat-like substance in the body that is involved in and required for producing sex hormones, cell membranes, and the essential nutrient, vitamin D. The body produces its own cholesterol; dietary cholesterol is the main steroid found in animal-derived foods, such as egg yolk, beef, poultry, seafood, and dairy.

Plant sterols and stanols, known collectively as phytosterols, have a similar structure to cholesterol. As such, phytosterols may help support the normal absorption and synthesis of cholesterol in the body.\*

Foresterol™ contains a phytosterol mixture of plant sterols and stanols shown to support normal cholesterol metabolism.\* This mixture is from the non-GMO tall oil of the coniferous pine tree and mainly consists of four major phytosterols: beta-sitosterol, campesterol, campestanol, and sitosterol.

## Benefits\*

- Promotes healthy lipid metabolism
- Supports normal cholesterol metabolism
- Supports cardiovascular health

## Highlights

- 600 mg of plant sterols/stanols from coniferous trees
- Non-GMO

## Recommended Use

Take 1 softgel three times per day with meals or as directed by your health-care practitioner.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*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.