Plant Sterol Reference List

This list includes publications of studies that investigated the cholesterol-lowering efficacy of plant sterols, as well as publications of studies on effects beyond cholesterol-lowering, safety studies, mechanism-of-action studies and reviews. All of these studies were commissioned/initiated/sponsored by Unilever or used test products with added plant sterols which were provided by Unilever. Also publications of meta-analyses (including Unilever sponsored studies) are included in this reference list. This list is organized chronologically.

Cholesterol-lowering efficacy studies with plant sterols


Tijburg LBM, Meijer GW, Ntanios F, Rudrum M. Plant sterol-esters in a low fat spread are efficacious in lowering blood cholesterol levels in normal cholesterolemic subjects. FASEB J 2001; published abstract only.


Demory I, Chan YM, Peled D, Jones PJ. Fish-oil esters of plant sterols improve the lipid profile of dyslipidemic subjects more than do fish-oil or sunflower oil esters of plant sterols. *Am J Clin Nutr* 2006; 84(6): 1534-1542.


STUDIES INVESTIGATING THE CHOLESTEROL-LOWERING EFFICACY OF PLANT STEROLS AS PART OF A DIETARY APPROACH


Plant Sterol
Reference List

STUDIES INVESTIGATING EFFICACY OF PLANT STEROLS BEYOND CHOLESTEROL-LOWERING


PLANT STEROL SAFETY STUDIES


Raeini-Sarjaz M, Ntanios FY, Vanstone CA, Jones PJ. No changes in serum fat-soluble vitamin and carotenoid concentrations with the intake of plant sterol/stanol esters in the context of a controlled diet. Metabolism 2002; 51(5): 652-656.


**Plant Sterol Reference List**

**PLANT STEROL MECHANISM-OF-ACTION STUDIES**


PLANT STEROL META-ANALYSES


PLANT STEROL REVIEWS


Trautwein EA, Demonty I. Phytosterols: natural compounds with established and emerging health benefits. OCE 2008; 14: 259-266.


