

# Foresterol™

## Natural support for healthy cholesterol levels

Foresterol™ contains a phytosterol mixture of plant sterols/stanols that has been shown to be effective in supporting healthy cholesterol levels in the body. This mixture is from the non-GMO tall oil of the coniferous pine tree and mainly consists of four major phytosterols: beta-sitosterol, campesterol (in the free sterol form, not as sterol esters), campestanol, and sitostanol.

### Phytosterols

Phytosterols are considered the plant equivalent to animal cholesterol. Because they are similar in structure to cholesterol, phytosterols compete with cholesterol absorption in the intestines, thereby inhibiting absorption of both dietary cholesterol and cholesterol made by the liver. People consume phytosterols every day in their diets as all plants contain them, but not in amounts sufficient to affect cholesterol levels.

Therefore, in addition to prescription drugs and dietary changes, supplementing with phytosterols may also be very effective. In fact, The National Cholesterol Education Program (established by the National Heart, Lung, and Blood Institute) recommends plant sterols as part of their Therapeutic Lifestyle Changes diet for patients with high cholesterol.

### Facts about Cholesterol

Our bodies actually need cholesterol, as it helps to make cell membranes, hormones, and vitamin D, and is important for brain function. What we do not need is an excessive build-up of cholesterol in the wrong places, such as in our arteries, because this may lead to heart disease.

### **When your doctor tests your cholesterol, there are three main readings to look at:**

- **Total cholesterol** – a measure of LDLs, HDLs, and other lipid components
- **LDLs** – transport cholesterol into tissues, where an overabundance can build up in your arteries to form plaque (atherosclerosis), which is undesirable
- **HDLs** – remove excess cholesterol from arterial plaque, which may help prevent heart disease

**Total/HDL ratio:** the proportion of total cholesterol levels over HDL levels. Aim for your ratio to be below 5, with optimal levels around 3.5.

### Recommended Use

- As a dietary supplement, take one softgel three times per day with meals, or as directed by your health care practitioner.
- This supplement can be used in conjunction with other prescribed cholesterol-lowering agents for enhanced activities under a doctor's supervision.
- It is also recommended that you exercise (with the consent of your physician).

### Contraindications

The phytosterols in Foresterol™ are sourced from the family of cone-bearing trees, which include pines. Therefore, anyone with a pine allergy should not take this product.

Pregnant women should also avoid taking this product. Lactating women should consult with their physician before use.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).