

## Plant Plant Sterols 800 mg 60 Tablets

EAN: 5055148408527 FABRICANTE: LAMBERTS



*Plant Sterols contribute to the maintenance of normal cholesterol.*

### DESCRIPTION

One tablet a day of LAMBERTS® Plant Sterols can contribute to the maintenance of normal blood cholesterol levels.

This tablet provides a total of 800 mg of pure plant sterols with up to 80% beta-sitosterol. We quote the level of pure plant sterols in our tablets, and not the weight of the compound claimed by some companies, which may be only 50% sterols.

Vegetables provide an infinite number of phytochemical compounds, which are still completely unknown today. Their best ingestion and effectiveness is recommended in the form of high-potency, high-quality standardized extracts.

$\beta$ -Sitosterol is a chemical compound belonging to the group of phytosterols, which are sterols found naturally in plants. Its chemical structure is very similar to that of cholesterol.

Phytosterols and phytostanols contribute to maintaining normal blood cholesterol levels. The beneficial effect is obtained with a minimum daily intake of 0.8 g of phytosterols or phytostanols.

Plant sterols are found naturally in vegetable oils and cereals, and have been shown to be of vital importance for the metabolism of circulating fats in the body.

Structurally, plant sterols are similar to cholesterol, and are very beneficial to human well-being due to their ability to act on the intestinal reabsorption of this lipid. Cholesterol is naturally secreted in bile to aid digestion, and is then reabsorbed in the lower sections of the intestine.

Modern diets tend to be low in plant sterols and so more and more foods such as margarine are being fortified with sterols. These fortified foods can contribute to daily sterol intake but achieving optimal amounts from these foods may not be suitable for everyone. Most studies cite effective doses between 2-2.5 g.

These tablets contain 800 mg of plant sterols and can be taken alongside dietary regimens without affecting daily calorie intake.



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Few companies produce all their herbal products in extract form, but at LAMBERTS® we think it is essential to do so. So while the “whole herb” alternative sounds great, it is simply the dried plant material that will provide mostly fiber and few active ingredients (and that is if it can be digested). LAMBERTS® herbs are concentrated, soluble and a guarantee of safety and efficacy.

White coated oval tablet.

### Each tablet provides:

Plant Sterols 800 mg  
(providing up to 80% beta-sitosterols\*)

\* Relative levels of individual sterols are subject to natural variations.

### Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast .

### Precautions

This product is not recommended for pregnant or breastfeeding women.

Consult a doctor if you take cholesterol-lowering medications.

### Instructions for use

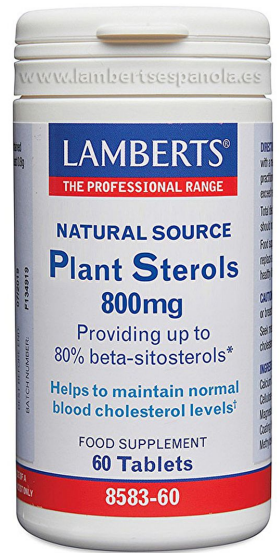
Take 1 tablet daily with food up to a maximum of 3 daily.  
Total daily intake of plant sterols should not exceed 3 g/day.





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Do not exceed the expressly recommended daily dose.  
One container lasts: 60 days.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241219  
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