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Nature Made® CholestOff® Fact Sheet

WHAT IS CHOLESTOFF?	Nature Made® CholestOff® contains plant sterols and stanols, which are clinically proven to inhibit cholesterol absorption and reduce LDL (“bad”) cholesterol and total cholesterol in as little as 30 days. ¹
U.S. HEALTH ORGANIZATIONS RECOMMEND STEROLS AND STANOLS:	The National Institutes of Health (NIH) launched the National Cholesterol Education Program (NCEP). The NCEP developed the Therapeutic Lifestyle Changes (TLC) guidelines, which educates individuals on how to reduce their cholesterol levels. The TLC program recommends the consumption of two grams of plant sterols and stanols daily, as part of an overall healthy diet, weight management and regular exercise program.
CLINICAL SUPPORT FOR CHOLESTOFF:	Studied since the 1950s, plant sterols and stanols have demonstrated their effectiveness in safely lowering cholesterol levels. A review titled, “Efficacy and Safety of Plant Stanols and Sterols in the Management of Blood Cholesterol Levels,” published in the 2003, <i>Mayo Clinic Proc.</i> 2003, evaluated and reinforced previous findings of the cholesterol-lowering benefits of plant sterols and stanols.
CONTRAINDICATIONS AND SIDE EFFECTS:	CholestOff has no known side effects and may safely be taken on its own or with prescription medication. ^{2,3} It is important to work with a physician to determine an individualized treatment plan. Women who are pregnant or nursing should consult a physician before using.
WHERE TO BUY CHOLESTOFF:	CholestOff is available in 60-count tablets for a suggested retail price of \$11.99. CholestOff is available at food, drug, mass merchandise and club stores, such as Safeway, Kroger, Walgreens, Wal-mart, Target, Costco and BJ’s.
DIETARY SUPPLEMENT REGULATION:	The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states. Before introducing CholestOff, the Dietary Supplement Health and Education Act (DSHEA) required that safety information on the sterols and stanols in CholestOff be submitted to the FDA. Nature Made would not have been allowed to market CholestOff had FDA found it to be unsafe.

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¹ Weststrate JA and Meijer GW. (1997) Plant Sterol-Enriched Margarines and Reduction of Plasma and LDL-Cholesterol Concentrations in Normocholesterolaemic and Mildly Hypercholesterolaemic Subjects. *Eur J Clin Nutr* 52, 334-343

² Nguyen, T. (1999) The Cholesterol-Lowering Action of Plant Stanol Esters. *J Nutr.* 129, 2109-2112.

³ Gyllinh H, Miettinen T. (2002) Combination Therapy with Statins. *Curr Opin Investig Drugs* 3(9), 1318-1323.