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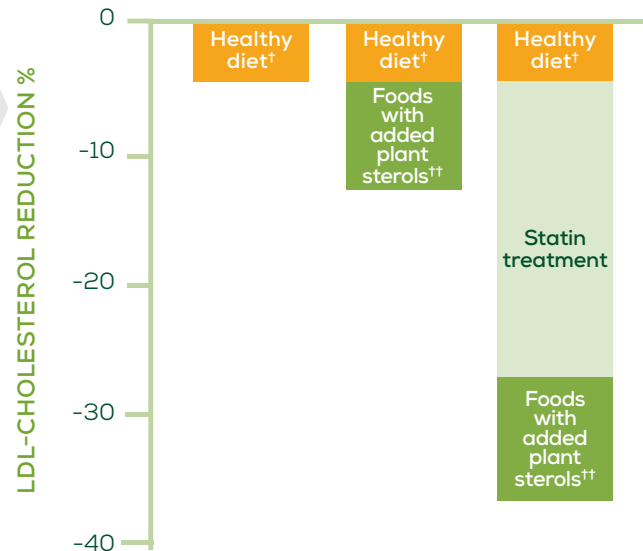
*clinical studies*

have proven that the plant sterols in Flora ProActiv actively lower cholesterol



*1.5 - 2.4g / day*  
of plant sterols  
can lower LDL-cholesterol  
in 2-3 weeks as part  
of a healthy diet  
and lifestyle\*

CHOLESTEROL LOWERING  
EFFECT OF *plant sterols*  
IS ADDITIVE TO A  
HEALTHY DIET & STATINS



† Low in saturated fat and cholesterol

†† 2-3g/day of plant sterols consumed from foods with added plant sterols

Graph adapted from Edwards, J and Moore, R. BMC Family Practice, 2003; Cleghorn, C *et al.* European Journal of Clinical Nutrition, 2003; Chen, S *et al.* Lipids, 2009; Jones, P *et al.* American Journal of Clinical Nutrition, 1999; Katan, M *et al.* Mayo Clinic Proceedings, 2003.

SMALL CHANGES  
CAN MAKE A

*difference*

Please visit:

[www.floraproactiv.co.uk/healthcareprofessionals](http://www.floraproactiv.co.uk/healthcareprofessionals)  
to find out how Flora ProActiv can help your patients  
to lower cholesterol



\*Flora ProActiv contains plant sterols. A daily intake of 1.5 - 2.4g plant sterols can lower cholesterol in 2-3 weeks as part of a healthy diet and lifestyle including plenty of fruit and vegetables. High cholesterol is a risk factor in the development of coronary heart disease. As coronary heart disease has multiple risk factors, more than one may need to be improved to reduce overall risk.