



Beta-Sitosterol

What Is It?

Beta-sitosterol is a naturally occurring plant sterol. Plant sterols are a family of compounds similar in structure to cholesterol that have positive effects on prostate health.*

Uses For Beta-Sitosterol

Supports Prostate Health: In a 6-month randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects, it was proposed that a mixed phytosterol complex providing beta-sitosterol supported healthy urinary flow. In an 18-month follow-up trial, beta-sitosterol maintained healthy urinary function. These results have been supported in other clinical trials as well.*

What Is The Source?

Beta-sitosterol is sourced from a soy-based phytosterol complex. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation. Hypo-allergenic plant fiber is derived from pine cellulose. There is no detectable GMO material in this product.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

This product may not be desirable for individuals with a sensitivity to soy. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Beta-sitosterol

each vegetable capsule contains



beta-sitosterol (from 150 mg of a phytosterol complex)	68 mg.
vitamin C (as ascorbyl palmitate).....	20 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-2 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.