

This document includes reference lists of published

- *clinical efficacy studies on plant stanol ester*
- *clinical mechanism studies on plant stanol ester*
- *meta-analyses and key review papers in which plant stanol ester has been included*

Scientific articles listed in bullet points are papers that report supplemental data from the same clinical study as the numbered article above them.

A link to a full text is provided if available. Otherwise, a link to an abstract is provided. Articles not available online are marked accordingly.

Published clinical efficacy studies (in alphabetical order):

1. Algorta Pineda J, Chinchetru MJ, Aguirre J, Francisco S. [Hypocholesteremic effectiveness of a yogurt containing plant stanol esters]. In Spanish. Rev Clin Esp 2005; 205: 63-66.
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2. Alhassan S, Reese KA, Mahurin J, Plaisance EP, Hilson BD, Garner JC, Wee SO, Grandjean PW. Blood lipid responses to plant stanol ester supplementation and aerobic exercise training. Metabolism 2006; 55: 541-549.
Link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/16546486>
3. Andersson A, Karlstrom B, Mohsen R, Vessby B. Cholesterol-lowering effects of a stanol ester-containing low-fat margarine used in conjunction with a strict lipid-lowering diet. Eur Heart J Suppl 1999; 1: S80-S90.
Not available online.
4. Athyros VG, Kakafika AI, Papageorgiou AA, Tziomalos K, Peletidou A, Vosikis C, Karagiannis A, Mikhailidis DP. Effect of a plant stanol ester-containing spread, placebo spread, or Mediterranean diet on estimated cardiovascular risk and lipid, inflammatory and haemostatic factors. Nutr Metab Cardiovasc Dis 2011; 21: 213-221.
Link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19939653>
5. Baumgartner S, Mensink RP, Husche C, Lütjohann D, Plat J. Effects of plant sterol- or stanol-enriched margarines on fasting plasma oxyphytosterol concentrations in healthy subjects. Atherosclerosis 2013; 227: 414-419.
Link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23375753>
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Link to abstract: <http://www.sciencedirect.com/science/article/pii/S0039128X15000379>
6. Blair SN, Capuzzi DM, Gottlieb SO, Nguyen T, Morgan JM, Cater NB. Incremental reduction of serum total cholesterol and low-density lipoprotein cholesterol with the addition of plant stanol ester-containing spread to statin therapy. Am J Cardiol 2000; 86: 46-52.
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Link to full text: <http://www.lipidworld.com/content/12/1/91>
 - Demirel ZB, Fisunoglu M, Güven GS, Ünal S, Besler T. Effects of yoghurt with plant stanols on serum lipid profile in patients with mild to moderate hyperlipidemia [in Turkish]. *Beslenme Diyet Dergisi* 2013; 41: 35-41. *Not available online.*
8. Brüll F, De Smet E, Mensink RP, Vreugdenhil A, Kerksiek A, Lütjohann D, Wesseling G, Plat J. Dietary plant stanol ester consumption improves immune function in asthma patients: results of a randomized, double-blind clinical trial. *Am J Clin Nutr.* 2016 Jan 13. pii: ajcn117531.
Link to full text: <http://ajcn.nutrition.org/content/early/2016/01/13/ajcn.115.117531.long>
9. Castro Cabezas M, de Vries JH, van Oostrom AJ, Iestra J, van Staveren WA. Effects of a stanol-enriched diet on plasma cholesterol and triglycerides in patients treated with statins. *J Am Diet Assoc* 2006; 106: 1564-1569.
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