

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

**Bluebonnet's Plant Sterols 500 mg Capsules** contain non-genetically engineered plant sterols from soy. Plant sterols are plant compounds that are chemically similar to cholesterol. Products supplying at least 500 mg per serving of plant sterols, taken twice a day with meals, for a daily intake of 1000 mg as part of a diet low in saturated fat and cholesterol, helps support cardiovascular health. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Bluebonnet's KOF-K Certification #K-0000700

**CAUTION:** Do not use this product, if you are pregnant, trying to conceive or breastfeeding.

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

Manufactured by  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford, Sugar Land, Texas 77478 USA  
[www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)



**90 Vegetable Capsules**



**Bluebonnet**



# Plant Sterols 500 mg

Providing Beta-Sitosterol  
Dietary Supplement

## Supplement Facts

Serving Size 1 Capsule

| Amount<br>Per Serving    |        | % Daily<br>Value |
|--------------------------|--------|------------------|
| Plant Sterols (from soy) | 500 mg | *                |
| beta-sitosterol          | 210 mg | *                |
| campesterol              | 100 mg | *                |
| stigmasterol             | 70 mg  | *                |

\*Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate, calcium carbonate, vegetable cellulose.

**Contains: Soybeans**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.