



# Heart Choice<sup>™</sup> plant sterols

specialty  
60 softgels  
dietary supplement

cardiovascular<sup>✓</sup>  
cholesterol<sup>✓</sup>

gluten  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Softgel

|                          | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------|-----------------------|------------------|
| Phytosterol Concentrate  | 650 mg                | *                |
| providing approximately: |                       |                  |
| Beta Sitosterol          | 300 mg                |                  |
| Campesterol              | 163 mg                |                  |
| Stigmasterol             | 117 mg                |                  |

\* Daily Value not established.

**Other ingredients:** Gelatin, glycerin, purified water, caramel powder, titanium dioxide.

**Contains:** Soy.

**Does not contain:** Yeast, Corn, Wheat, Gluten, Salt, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

✓ 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.

**DIRECTIONS:** As a dietary supplement, take one (1) softgel twice daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Foods containing at least 0.65 grams per serving of vegetable oil sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of "Heart Choice Plant Sterols" supplies 0.65 grams of vegetable oil sterol esters.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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