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Dockets Management Branch (HFA-305)  
Food and Drug Administration  
5630 Fisher's Lane, Room 1061  
Rockville, MD 20852

To whom it may concern:

The claim that McNeil's Benecol and Lipton's Take Control, food spreads, can "help individuals reduce their risk of developing coronary heart disease", serves to perpetuate the heart disease-cholesterol myth.

Despite studies that Benecol spread (containing plant stanol esters) and Lipton's Take Control (containing plant sterol esters) can help reduce LDL up to 14% and 17% respectively, there is compelling evidence that blood cholesterol levels are not causally related to the risk of development of coronary heart disease. There has only been statistical association between heart disease and cholesterol and these statistics have been misinterpreted and manipulated. There is no causal link.

Without the cholesterol-atherosclerosis causal link, reducing cholesterol to reduce coronary heart disease is without meaning or merit. Atherosclerosis is NOT a lipid disease.

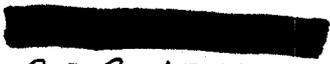
Atherosclerosis is a sequel of blood flow – the effect of the laws of fluid mechanics. For more details and background into this critical research, please visit my website [Members.Aol.Com/Mtexon](http://Members.Aol.Com/Mtexon).

Sincerely,

*Meyer Texon*

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