

Table 1: Summary of human studies on effect of once-a-day intake of plant sterols/stanols on levels of serum LDLC

Reference	Country	Number of Participants			Mean Age or Range of Mean Age (year)	Study Duration (week)	Stanol or Sterol	Intake Amount (g/day)	Eating Occasion	Placebo-Adjusted Reduction in Serum LDLC (%)
		Cross-over Trials	Parallel Trials							
			Treatment	Placebo						
Plat et al, 2000	The Netherlands	39	NA	NA	31	4	stanol	2.5	Lunch	-9.4*
Volpe et al, 2001	Italy	30	NA	NA	34 - 69	4	sterol	1.0	unspecified	-6.2*
Matvienko et al, 2002	USA	NA	17	17	22 - 24	4	sterol	2.7	Lunch	-13.4*
Emmi Studie Benecol 2004	Germany	NA	20	20	40 - 65	6	stanol	2	With or after a meal (meal not specified)	-7.7*
Salo & Wester 2005 yogurt drink also in Emmi Studie Benecol 2004	Finland (pasta, meat-based ready-made meal) Germany (yogurt drink)	NA	30	30	20 - 65	2	stanol	2	Lunch	-10.1*
			20	20		2				
			20	20		6				
								Mean meal (for yogurt drink)	-10.9* not sure whether this is based on placebo or baseline -11.3* This is the figure based on the original German publication	
Pineda et al 2005	Spain	NA	17	15	24 - 57	3	stanol	2	After main meal	-8.8*

Hyun et al 2005	Korea	NA	23	28	21 - 39	4	stanol	2	Breakfast	-7.8*
Doornbos et al, 2006	The Netherlands	NA	33	38	56 - 59	4	sterol	3.2	Lunch	-9.5*
				38				2.8	-9.3*	
				39				3.2	>0.5 hour before breakfast	-5.1*
				36				2.8	-6.9*	
AbuMweis et al, in press	Canada	30	NA	NA	59	4	Sterol	Mean dose 1.7 (range: 1.0-1.8)	Breakfast	
Free PS	-1.4									
PS+fish oil	+1.4									
Fish PS- esters	+3.0									
Vegetable oil PS-esters	-1.4									

NA: not applicable

*statistically significant effect