



PERFORMANCE, PEACE OF
MIND & RESULTS IN 5 DAYS,
GUARANTEED.

We only use Organic® and ToxicFree®
ingredients,
nothing else is permitted.

Super Sprout Sterols

INGREDIENTS

Organic Soy Sprout, Organic Fenugreek Sprout, Organic Barley Sprout, Organic Wheat Sprout, Activating Enzyme & Mineral Blend, Protease, Amylase, Ionic Minerals, Maltase, Cellulase, Lactase, Bromelain, Invertase, Lipase, Alpha Galactosidase.

Other Ingredients

Vegetable Capsule (hypromellose, water), Microcrystalline Cellulose, Rice Extract Blend (rice extract, rice hulls, gum arabic, sunflower oil).

Active ingredients:

Organic Soy Sprout
Organic Fenugreek Sprout
Organic Barley Sprout
Organic Wheat Sprout

How does Essanté Organics SUPER PLANT STEROLS work?

Plant sterols are plant substances that resemble cholesterol. They support cholesterol levels by limiting the amount of LDL (bad) cholesterol that is absorbed by the body. Sprouting not only supports the heart and cholesterol levels it also increases the overall protein and nutrient content compared to seeds that are not sprouted. Sprouting delivers many added health benefits (see below).

What is sprouting?

Sprouting is the process of turning a dormant seed into a nutritional powerhouse. Sprouting multiplies the health benefits of the product. To sprout seeds, they are mixed and rinsed multiple times, in liberal amounts of purified water, then drained thoroughly so they can breathe while growing in a sterile sprouting device at an optimal temperature of 70 degrees. Once a seed has soaked up its fill of water it changes from a dormant state to a living nutritional phenomenon, bursting with its own vital digestive enzymes and amplified nutrition profile. For example, a sprouted seed can look like a fat, wet piece of barley with a tiny white tail popping out of its narrow tip. Even soaked seeds without sprout tails deliver the same amplified nutrition. The younger the sprout the more concentrated its nutrition profile is.



SOY SPROUT NUTRIENTS

Protein and all essential amino acids
Vitamin A
Vitamin B
Vitamin C
Vitamin E
Calcium
Folate

Iron
Magnesium
Manganese
Niacin
Phosphorus
Potassium
Phytosterols



FENUGREEK SPROUT NUTRIENTS

Protein and amino acids
Fatty Acids
Iron
Copper
Manganese
Magnesium
Phosphorous

Potassium
Folate
Calcium
Vitamin A
Vitamin B6
Phytosterols



BARLEY SPROUT NUTRIENTS

Amino acids and fatty acids
Vitamins and minerals
Protein
Vitamin E
Beta-Carotene
Biotin
Folic Acid

Vitamins B1, B2, B3
Phosphorous
Magnesium
Selenium
Iron
Phytosterols



WHEAT SPROUT NUTRIENTS

Protein and amino acids
Fatty acids
Thiamin
Riboflavin
Niacin
Vitamin B6
Vitamin C
Folate
Pantothenic acid

Iron
Magnesium
Phosphorous
Zinc
Copper
Manganese
Selenium
Phytosterols

References:

International Food Information Council Foundation, foodinsight.org

U.S. Food and Drug Administration (FDA), US Department of Health and Human Services, Authorizes New Coronary Heart Disease (CHD) Health Claim for Plant Sterol and Plant Stanol Esters for labeling of Foods and Supplements. <https://www.fda.gov/Food/IngredientsPackagingLabeling/ucm2006876.htm>

National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Final Report. NIH Publication No. 02-5215. September 2002.

Katan MB, Grundy SM, Jones P, Law M, Miettinen T, Paoletti R; Stresa Workshop Participants. Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels. *Mayo Clinic Proc.* 2003;78(8):965-78.

Awad AB, Fink CS. Phytosterols as anticancer dietary components: Evidence and mechanism of action. *J Nutr.* 2000;130(9):2127-30.

Piironen V, Toivo J, Puupponen-Pimia R, Lampi AM. Plant sterols in vegetables, fruits, and berries. *J Sci Food Agric.* 2003;83:330-337.

Cater NB, Grundy SM. Lowering serum cholesterol with plant sterols and stanols: Historical perspectives. *J Postgrad Med.* 1998;6-14.

Plat J, Mensink RP. Plant stanol and sterol esters in the control of blood cholesterol levels: mechanism and safety aspects. *Am J Cardiol.* 2005;96(1A):15D-22D.

Charest A, Desroches S, Vanstone CA, Jones PJH, Lamarche B. Unesterified plant sterols and stanols do not affect LDL electrophoretic characteristics in hypercholesterolemic subjects. *J Nutr.* 2004;134:592-595.

Lewis C. Health claims that could lower heart disease risk. *FDA Consumer Magazine.* 2000. Accessed October 4, 2006.

De Caterina R, Zampolli A, Del Turco S, Madonna R, Massaro M. Nutritional mechanisms that influence cardiovascular disease. *Am J Clin Nutr.* 2006;83(suppl):421S-426S.

Bergmann K, Sudhop T, Lutjohann D. Cholesterol and plant sterol absorption: Recent insights. *Am J Cardiol.* 2005 Jul 4;96(1A):10D-14D. Review.

Schweitzer C, Moran K, Timmermann F. Phytosterols: Esterified phytosterols are safe and approved by FDA for a cholesterol-lowering claim in some foods. *Nutra Wrld.* 2002; 40-3.

Pouteau EB, Monnard IE, Pigué-Welsch C, Groux MJA, Sagalowicz L, Berger A. Non-esterified plant sterols solubilized in low fat milks inhibit cholesterol absorption : A stable isotope double-blind crossover study. *Eur J Nutr.* 2003;42(3):154-64.

Noakes M, Clifton PM, Doornbos AM, Trautwein EA. Plant sterol ester-enriched milk and yoghurt effectively reduce serum cholesterol in modestly hypercholesterolemic subjects. *Eur J Nutr.* 2005;44(4):214-22.

Devaraj S, Autret BC, Jialal I. Reduced-calorie orange juice beverage with plant sterols lowers C-reactive protein concentrations and improves the lipid profile in human volunteers. *Am J Clin Nutr.* 2006 Oct; 84(4):756-61.

Deveraj S, Jialal I, Vega-Lopez S. Plant sterol-fortified orange juice effectively lowers cholesterol levels in mildly hypercholesterolemic healthy individuals. *Arterioscler Thromb Vasc Biol.* 2004 Mar;24(3):e25-8.

Bhattacharya S. Therapy and clinical trials: Plant sterols and stanols in management of hypercholesterolemia: where are we now? *Curr Opin Lipidol.* 2006;17(1):98-100.

Lichtenstein AH, Appel LJ, Brands M, Carnethon M, Daniels S, Franch HA, Franklin B, Kris-Etherton P, Harris WS, Howard B, Karanja N, Lefevre M, Rudel L, Sacks F, Van Horn L, Winston M, Wylie-Rosett J. Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation.* 2006;114:000-000.

Morijs KG, Oosthuizen W, Opperman AM. Phytosterols/stanols lower cholesterol concentrations in familial hypercholesterolemic subjects: A systematic review with meta-analysis. *J Am Coll Nutr.* 2006;25(1):41-8.

Nauman E, Plat J, Mensink RP. Changes in serum concentrations of noncholesterol sterols and lipoproteins in healthy subjects do not depend on the ratio of plant sterols to stanols in the diet. *J Nutr.* 2003;133(9):2741-7.

Neil HAW, Meijer GW, Roe LS. Randomised controlled trial of use by hypercholesterolaemic patients of a vegetable oil sterol-enriched fat spread. *Atherosclerosis.* 2001;156(2):329-37.

Goldberg AC, Ostlund RE Jr, Bateman JH, Schimmoeller L, McPherson TB, Spilburg CA. Effect of plant stanol tablets on low-density lipoprotein cholesterol lowering in patients on statin drugs. *Am J Cardiol.* 2006;1:97(3):376-9.

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.

Miettinen TA, Gylling H. Plant stanol and sterol esters in prevention of cardiovascular diseases: A review. *Int J Clin Pharmacol Ther.* 2006;44(6):247-50.

Lau VWY, Journoud M, Jones PJH. Plant sterols are efficacious in lowering plasma LDL and non-HDL cholesterol in hypercholesterolemic type 2 diabetic and nondiabetic persons. *Am J Clin Nutr.* 2005;81(6):1351-8.

Cater NB, Garcia-Garcia AB, Vega GL, Grundy SM. Responsiveness of plasma lipids and lipoproteins to plant stanol esters. *Am J Cardiol.* 2005;4:96(1A):23D-28D.

30 Normen AL, Brants HAM, Voorrips LE, Andersson HA, van den Brandt PA, Goldbohm RA. Plant sterol intakes and colorectal cancer risk in the Netherlands Cohort Study on Diet and Cancer. *Am J Clin Nutr.* 2001;74(1):141-8.