

This list includes publications of studies that investigated the cholesterol-lowering efficacy of plant sterols, as well as publications of studies on effects beyond cholesterol-lowering, safety studies, mechanism-of-action studies and reviews. All of these studies were commissioned/initiated/sponsored by Unilever or used test products with added plant sterols which were provided by Unilever. Also publications of meta-analyses (including Unilever sponsored studies) are included in this reference list. This list is organized chronologically.

Cholesterol-lowering efficacy studies with plant sterols

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