



Created by nature. Proven by science.



The Canadian Cardiovascular Society
guidelines recommend
2 g of plant sterols per day



Recommended uses:

- Helps to lower blood total and LDL cholesterol (bad cholesterol).
- Helps to reduce serum triglycerides.
- Helps to maintain healthy cholesterol levels.



Gluten-free



No added sugar
(0.8 kcal)



Lactose-free



Consume with or
without food or
with any liquid



Plant-based



Clinically tested*

Date

Name

Address

Healthcare Professional Signature

Licence



www.cardiosmile.ca

Recommended dose:

- Adults: **10.5 mL, 1 time per day.**
- Gently shake before opening, and consume the content directly from the sachet.
- Alternatively, add the content directly to any cold or warm drink or food, mix and consume immediately.
- No refrigeration required.

*Shaghghi et al. (2014). J.Funct.Food, 280-289.