This list includes studies investigating the cholesterol lowering efficacy of phytosterol which were commissioned/initiated by Unilever or for which the phytosterol-enriched test products were provided by Unilever.

**Efficacy studies (spreads, salad dressings and dairy foods)**

**Human intervention studies**


Tijburg LBM, Meijer GW, Rudrum M, Ntanios F. Plant sterol-esters in a low fat spread are efficacious in lowering blood cholesterol levels in normal cholesterolemic subjects. *FASEB* **2001**, *15* (4):A397. Published in abstract form only.


Demonty I, Chan YM, Pelled D, Jones PJ. Fish-oil esters of plant sterols improve the lipid profile of dyslipidemic subjects more than do fish-oil or sunflower oil esters of plant sterols. *Am J Clin Nutr* 2006; 84 (6):1534-1542.


Ilha AOG, Nakandakare ER, Nunes VS, Quintao ECR, Lottenberg AMP. Dietary phytosterols reduce plasma endothelin in moderate primary hypercholesterolemia. *Atherosclerosis* 2008; 9 (Suppl):206, abstract PO49-762. Published in abstract form only.


Chen SC, Judd JT, Kramer M, Meijer GW, Clevidence BA, Baer DJ. Phytosterol intake and dietary fat reduction are independent and additive in their ability to reduce plasma LDL cholesterol. *Lipids*; 2009; 44 (3): 273-281.


Gagliardi AC, Maranhao RC, Sousa HP, Schaef er EJ and Santos RD. Effects of margarines and butter consumption on lipid profiles, inflammation markers and lipid transfer to HDL particles in free-living subjects with the metabolic syndrome *Eur J Clin Nutr* 2010; doi:10.1038/ejcn.2010.122.


**Meta-analyses (including Unilever commissioned/initiated/sponsored studies)**


**Safety studies**


**Mechanistic studies**


**Reviews**


