

Did you know?..... **RX Information from Jenny**

THE SCOOP ON PHYTOSTEROLS

Can phytosterols in products such as Centrum Cardio and Bayer with Heart Advantage lower cholesterol? Phytosterols (sterols and stanols) **can** lower total and LDL cholesterol by preventing cholesterol absorption in the gut. National guidelines recommend 2 grams (equal to 2000mg) per day of phytosterols as an option for high cholesterol. This dose lowers LDL up to 15%. The FDA says that supplements or fortified foods that provide at least 400mg twice daily can lower LDL about 5% and reduce cardiac risk.

Not all products contain enough phytosterols to do any good. Centrum Cardio is okay; it has 400mg per tablet and is designed to be taken twice daily. Bayer with Heart Advantage is another story. This product has 400mg phytosterols plus 81mg aspirin per tablet, which is not enough phytosterols since most people take just one aspirin a day. In this case, it is best to take the low dose (81mg) aspirin by itself. However, if Bayer with Heart Advantage is taken, it should be supplemented with additional phytosterols from fortified foods or other supplements (ex: Benecol, Take Control, etc.)

Call if you have any questions!
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We want to congratulate Jenny for receiving the CVS Paragon Award this year.
Job well done Jenny!!
