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For Immediate Release

Research Published by Standard Process Inc. Scientists About the Effects of Dietary Intervention on Cholesterol Levels

PALMYRA, Wisconsin (January 19, 2010)—In collaboration with the scientists in the Department of Animal Sciences at the University of Wisconsin-Madison, Standard Process scientists have published a study examining the effects of nutritional supplement ingredients on cholesterol levels in Rapacz familial hypercholesterolemic swine or FH swine. Findings of this study were reported in the *Journal of Medicinal Food*.

The scientists designed the study to compare nutritional components found in foods and supplements (pectin, polyphenols, and phytosterols) with a first-generation cholesterol medication (Lovastatin) to examine serum cholesterol levels in swine with a genetically altered tendency toward high cholesterol.

Researchers found a statistically significant decrease in total cholesterol and LDL cholesterol (so-called "bad" cholesterol) in the swine receiving the polyphenol and phytosterol diets alone and in combination with pectin. Pectin alone was not effective, while phytosterols were the most effective dietary intervention. Supplements effectively reduced LDL levels in FH swine by half compared to Lovastatin.

“Because Lovastatin regulates the synthesis of cholesterol and dietary supplement ingredients may work through other mechanisms, such as phytosterols’ ability to decrease cholesterol absorption, further research should be done to determine if treatment of high LDL-C levels using supplements as an adjuvant to statin treatment would provide better cholesterol management,”

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said Brandon Metzger, Ph.D., research scientist at Standard Process and lead author of the paper.

Dietary changes are well accepted as methods to improve blood cholesterol levels. In the 2004 update to their clinical guidelines, the National Cholesterol Education Program (NCEP) recommended incorporating plant phytosterols into the diet and increasing soluble fiber. Growing research also suggests that polyphenols can affect cholesterol levels. Polyphenol compounds are antioxidants that are present in fruits, vegetables, and some nuts.

The study, “A comparison of pectin, polyphenols, and phytosterols, alone or in combination, to lovastatin for reduction of serum lipids in familial hypercholesterolemic swine” is available from the *Journal of Medicinal Food*.

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Source:

Metzger BT, Barnes DM, Reed JD. (2009 Aug). A comparison of pectin, polyphenols, and phytosterols, alone or in combination, to lovastatin for reduction of serum lipids in familial hypercholesterolemic swine. *J Med Food*. 12 (4): 854-60.

About Standard Process Inc.

For over 80 years, Standard Process has provided health care professionals with high-quality, nutritional whole food supplements. Standard Process offers more than 300 products through three product lines: Standard Process whole food supplements, Standard Process Veterinary Formulas™, and MediHerb® herbal supplements. The products are available only through health care professionals.

Standard Process is involved in every step of production. The company grows crops on company-owned, organically certified farmland, utilizes state-of-the-art manufacturing processes, and employs the highest quality control standards. Standard Process strictly adheres to the Food and Drug Administration's good manufacturing practice requirements. Through these measures, Standard Process can ensure that its products are of the utmost quality and potency.

For additional information about Standard Process, visit www.standardprocess.com.