

# CARDIOAID™-S PLANT STEROL ESTERS

ADM PRODUCT CODE 040087  
TECHNICAL DATA SHEET

**CardioAid™**  
plant sterols

## DESCRIPTION

CardioAid™-S plant sterol esters are derived by esterifying plant sterols with canola oil fatty acids. Structurally similar to cholesterol, plant sterols have been found, in studies, to reduce the absorption of dietary cholesterol, which can impact serum cholesterol levels [Mayo Clin Proc 78:965-78 (2003); AJCN 74:33-43 (2001)].

The FDA has permitted the following claim for products containing plant sterol esters like CardioAid-S: Foods containing at least 0.65 gram per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 gram, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of [name of the food] supplies \_\_\_\_ gram(s) of plant sterol esters.



## TYPICAL CHARACTERISTICS

Appearance	Creamy white to pale yellow paste
Melting point, °C	25-30
Flavor and odor	Bland

## SPECIFICATIONS

Total plant sterols, %	Min. 59
Total plant sterol esters, %	Min. 90
Free sterols, %	Max. 5.0
Beta-sitosterol	40-58*
Stigmasterol	14-22*
Brassicasterol	0-6*
Sitostanol	0-5*
Campesterol	20-30*
Cholesterol	Max. 1.0
Tocopherols, mg/g	0-15
Peroxide value, meq/kg	Max. 5.0
Acid value, mg KOH/g	Max. 1.0
Moisture, %	Max. 0.1
Heavy metals, ppm	Max. 10
Standard plate count, per g	Max. 1,000

Yeast & mold, per g	Max. 300
Salmonella	Neg.
E. coli	Neg.
Staph. aureus	Neg.

## INGREDIENTS

Plant sterol esters, antioxidants (mixed tocopherols, ascorbyl palmitate).

## STORAGE

CardioAid-S plant sterol esters should be stored refrigerated or frozen.

## SHELF LIFE

Twelve months refrigerated when stored in original packaging in suggested storage conditions.

## PACKAGING

CardioAid-S plant sterol esters are available in 10 kg pails and 180 kg drums. Samples are available upon request.

\*As percent of total sterols



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## STATUS

CardioAid™ plant sterol esters are Kosher, Pareve, and Halal and are produced under current food GMPs.

## GM STATEMENT

This product is PCR negative. This material is derived from GMOs according to the EU Regulation on genetically modified food and feed [Regulation (EC) No. 1829/2003] and on the traceability and labeling of GMOs and of foods derived thereof [Regulation (EC) No. 1830/2003].

## TYPICAL NUTRITIONAL ANALYSIS

Nutritional Facts CardioAid-S plant sterol esters	
Serving size 100 grams	Amount per serving
Calories, Kcal	360
Calories from fat, Kcal	360
Total fat, g	40
Saturated fat, g	2.8
Monounsaturated fat, g	24
Polyunsaturated fat, g	12

Cholesterol, mg	0
Sodium, mg	0.0
Total carbohydrates, mg	0
Dietary fiber, mg	0
Sugars, mg	0
Protein, mg	0
Calcium, mg	0
Iron, mg	0.0
Vitamin A, IU	0
Vitamin C, mg	0
Vitamin K, mg	0
Thiamin, mg	0
Riboflavin, mg	0
Vitamin B6, mg	0
Folate, mcg	0
Vitamin B12, mcg	0
Biotin, mcg	0
Pantothenic acid, mcg	0
Phosphorus, mcg	0
Iodine, mcg	0
Magnesium, mg	0
Zinc, mg	0
Copper, mg	0