

**Suggested use:** 3 capsules daily, one (1) with each of three meals, accompanied by a heart healthy diet high in vegetables and fruits and low in fats and cholesterol.

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Bottle: 90

#### Amount Per Serving

Total Fat	60 mg
Saturated Fat	12 mg
Unsaturated Fat	48 mg

420 mg PhytoChol™ A proprietary blend of naturally esterified organically grown plant sterols and stanols, plant-based enzymes, and ionic minerals.

**Other Ingredients:** magnesium stearate, (capsule: vegetable cellulose, water)

# HEALTH

*PhytoChol*  
*Organic Plant Sterols*  
*May Help Lower*

*Whole*  
*Dietary S*  
*90 Ca*



**PhytoChol™**  
**Sterols/Stanoles**  
**to Lower Cholesterol**

**Whole Food**  
**Supplement**  
**in Capsules**

*PhytoChol™ is a proprietary blend of naturally esterified plant sterols and stanols.\* This whole food dietary supplement, when taken three times a day with heart healthy meals and exercise, may reduce cholesterol levels and the risk of coronary heart disease (CHD).#*

Store in a cool, dry place. Keep out of the reach of children. Do not use if safety seal is broken. Pregnant or lactating women should consult a health care professional before using any product.

NO Added: Yeast, corn, wheat, soy, milk, salt, sugar, starch, preservatives, or artificial color. May contain gluten.

\* This statement has not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

# Foods containing at least 0.4g per serving of plant sterols, eaten at least twice a day with meals for a total daily intake of at least 0.8g, as part of a low saturated fat, low trans fat and low cholesterol diet, may reduce risk of heart disease. A serving of PhytoChol™ contains 0.42g.

**Health Alive, LLC**  
Lemon Grove, CA 91945  
[www.healthaliveproducts.com](http://www.healthaliveproducts.com)  
1-866-950-5300