Our synergistic combination has demonstrated that it reduces cholesterol intake from food to a higher level than generic sitosterol (even to the point of lowering cholesterol in diets were sitosterol can only reduce the cholesterol increase), that it lowers fatty acids content in liver and plasma and that it reduces weight gain in high fat diets.

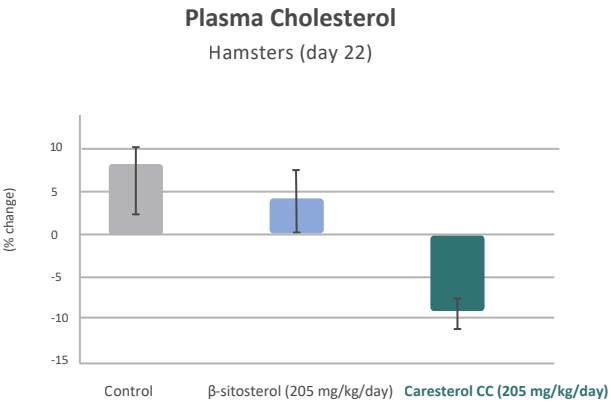
PHYTOSTEROLS HEALTH CLAIMS:

- Phytosterols are highly safe, with health claims approved by EFSA and FDA for reducing LDL and total cholesterol.
- The FDA recommends a minimum intake of 0.65 g twice daily to help maintain normal blood cholesterol levels. EFSA recommends at least 0.8 g per day.
- Clinical trials show β-sitosterol doses of 0.6–1.1 g/day reduce cholesterol by >5%, while 3.3 g/day achieves reductions >12%. Caresterol has demostrated improved activity in vivo.

Caresterol vs. Red Yeast Rice

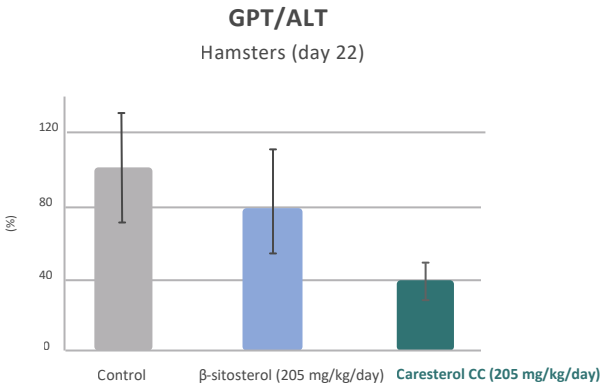
	Caresterol	Red Yeast Rice
Mode of action	Blocks cholesterol absorption through competition with phytosterols	Contains monacolins (statin-like compounds) inhibiting cholesterol synthesis
Safety profile	Plant-based, well tolerated even at high dosis, EFSA/FDA-approved claims	May cause statin-like side effects (e.g., muscle pain, liver toxicity), which limits the maximum safe dosage.
Additional benefits	Liver fat reduction (NAFLD), weight management	Primarily cholesterol-lowering
Stability	Highly stable crystalline form	Sensitive to quality variability and contamination risk

CIRCE Health Science has already tested Caresterol efficacy in vivo with astounding results:



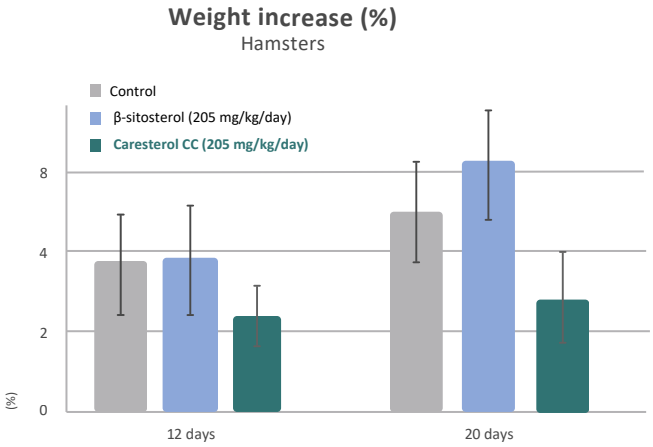
In cases where standard β-sitosterol fails to prevent cholesterol elevation, CIRCE β-sitosterol continues to exhibit a substantial cholesterol-lowering effect.

Caresterol hypolipidemic activity *vs.* β-sitosterol. *In vivo* study (22 days analysis in hamsters with obesogenic diet, giving an equivalent to human dose of free β-sitosterol).



Caresterol demonstrates significant ability to reduce fatty liver disease (NAFLD) biomarkers in an obesogenic diet.

Caresterol has shown other effects that could be of interest for new developments or claims: the cocrystals seem to decrease levels of hepatosteatosis markers at a standard human dose, as the animals (hamsters) treated with Caresterol had lower GPT levels.



In contrast to standard sitosterol, which does not prevent weight gain in an obesogenic diet, Caresterol exhibits a substantial effect on reducing weight gain.

Caresterol showed an **improved effect on obesity:** after 20 days of treatment, the increase in body weight was lower in animals treated with the Caresterol and showed a higher proportion of small adipocytes.

OTHER Caresterol HEALTH BENEFITS:

Caresterol is also commonly used in the long-term treatment of BPH (benign prostatic hyperplasia) and in hair loss prevention at much lower doses (between 60 mg to 300 mg per day), but FDA or EFSA has not granted specific health claims for these uses yet.

Industrial scale batches of **Caresterol** have already been produced under GMP in Spain from a natural plant phytosterol. Samples and technical information are already available.

CIRCE
Health Science

CIRCE is a science-driven company specialized in the development of advanced crystalline ingredients that modulate key cellular pathways enhancing cellular and systemic resilience and restoring metabolic balance.

By combining advanced crystal engineering with biochemical science, CIRCE optimizes the bioavailability, stability, and efficacy of high-value bioactive compounds.

Its team leverages years of research experience to maximize the functionality of these compounds, delivering innovative, scientifically validated solutions across the nutraceutical, dermocosmetic, animal health, and performance sectors.

Ready to find out more about how you can use Caresterol in your formulations? Contact our sales team. We're looking forward to working with you.

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