



## Plant Sterols/Stanol and Human Health

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### Message from the Guest Editor

Dear Colleagues,

Plant sterols and plant stanols are normal components of plants, which are derived from dietary sources. They have gained a lot of interest after foods and supplements with added plant sterols/stanols were launched as effective and safe non-pharmacologic hypocholesterolemic agents, and also after the mechanisms of intestinal absorption and hepatic excretion of cholesterol and plant sterols/stanols were unraveled. The metabolism of plant sterols/stanols in humans and their role and possible clinical consequences in parenteral nutrition are examples of topics welcomed to gather the available information scattered at the moment. The main clinical effects of plant sterols/stanols are on circulating lipids, but there is also information on their effects on other atherosclerotic risk factors such as inflammation and fatty liver, so that the topic of dyslipidemias, metabolic syndrome, and fatty liver deals with their role in preventing atherosclerosis. Finally, the effect of dietary fat on the interplay of cholesterol and plant sterols/stanols in intestine is important and has practical consequences.

Prof. Helena Gylling  
*Guest Editor*





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