

Special Issue

Plant Sterols/Stanol and Human Health

Message from the Guest Editor

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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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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