

# Special Issue

## Health Benefits of Plant Sterols

### Message from the Guest Editor

Current evidence indicates that food matrices with added plant sterols or stanols can lower serum levels of low-density lipoprotein cholesterol. Interestingly, plant sterols and plant stanols show health benefits beyond the cholesterol lowering effect. Nutritional plant sterols and plant stanols are mainly linked to processes in health but are exceptionally also linked to disease. Currently, plant sterols and plant stanols are applied as food-additives to the diet and as add-on treatment to drugs. Interestingly, different classes of responders to plant sterol-enriched diets are encountered. To cope with the responder effect, personalized treatment regimens are gaining attention. Consequently, novel technical advances are explored to achieve reproducible interlaboratory quantification protocols. Although plant sterols and stanols continue to offer an efficacious and convenient dietary approach to cholesterol management, long-term clinical trials investigating the endpoints of cardiovascular disease are still lacking.

### Guest Editor

Dr. Tim Vanmierlo

1. Department of Psychiatry & Neuropsychology, School for Mental Health and Neuroscience—Division Translational Neuroscience, Maastricht University, Maastricht, The Netherlands
2. NIC&R—Neuro-Immune Connect & Repair, BIOMED—Faculty of Medicine and Life Sciences, Hasselt University, Hasselt, Belgium

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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