

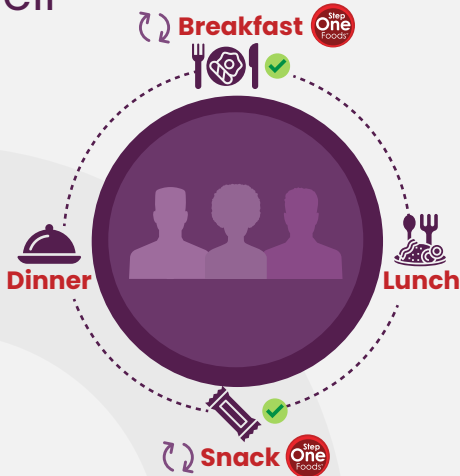
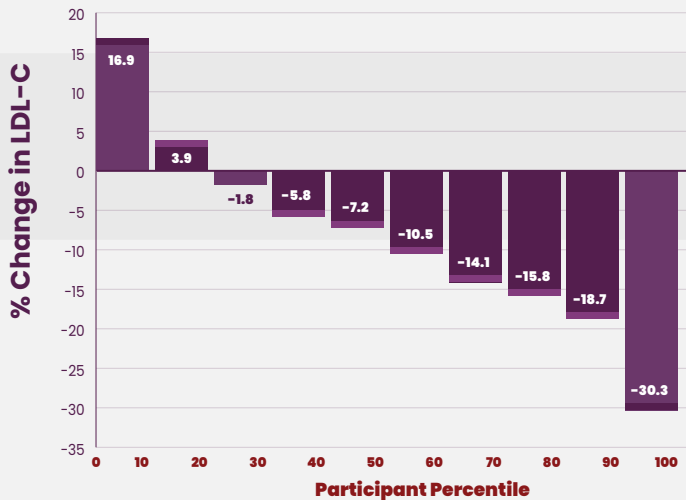
Can two daily doses of food lower cholesterol?



The Mayo Clinic and University of Manitoba say yes they can.

According to a study, published in the Journal of Nutrition, individuals hoping to avoid statin medications now have a proven food-based option to help lower cholesterol.

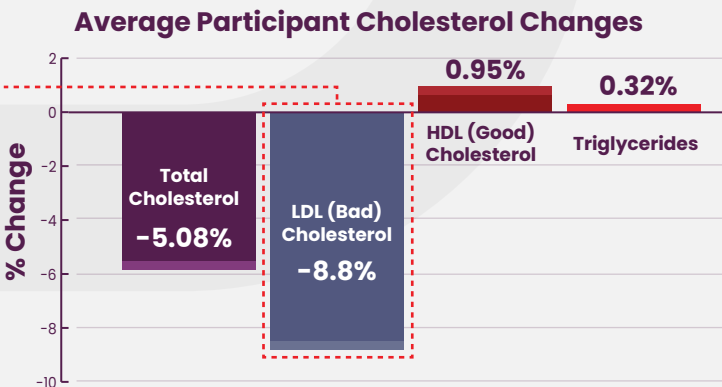
80% of participants lowered their bad cholesterol in just 30 days.



Participants simply swapped two of their regular snacks per day with any Step One Foods product.

This food could prevent **159 deaths every day in the US.**

Evidence shows that a **1% reduction in total mortality** has been linked to a ~1% decrease in LDL-C (1). Death estimate based on CDC data on US deaths from heart disease (2).



Many individuals saw bad cholesterol reductions



*The top 25% of participants averaged a 22.5% reduction in LDL-C. The greatest single drop in LDL-C was 37.6%

Step One Foods | This research was first published by The Journal of Nutrition: Kopecky S, Alias S, Klodas E, Jones P: Reduction in Serum LDL Cholesterol Using a Nutrient Compendium in Hyperlipidemic Adults Unable or Unwilling to Use Statin Therapy: A Double-Blind Randomized Crossover Clinical Trial. J Nutr. 2022 Jan.

(1) O’Keefe JH, Carter MD, Lavie CJ. Primary and secondary prevention of cardiovascular diseases: a practical evidence-based approach. Mayo Clin Proc 2009;84(8):741–57. <https://pubmed.ncbi.nlm.nih.gov>

(2) Center for Disease Control. Heart Disease Facts. (659,000 deaths per year from heart disease X 8.8% mortality reduction based on Step One Foods’ clinical trial results) <https://www.cdc.gov/heartdisease>