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(57) Abstract :

The present invention relates to a phytochemical composition comprising beta-sitosterol for cardiovascular protection and dyslipidemia control. The composition comprises beta-sitosterol at 0.5 to 80 percent by weight in a lipid-based carrier system with emulsifying agents and antioxidants. The invention provides a method of preparation involving controlled thermal dissolution and high-shear homogenization to produce stable microcrystalline dispersions with enhanced bioavailability. The composition inhibits intestinal cholesterol absorption through competitive displacement from mixed micelles, resulting in significant reductions in total cholesterol, LDL cholesterol, and triglycerides. Clinical studies demonstrate cholesterol reductions of 10 to 15 percent with excellent safety profiles. The composition may be administered as capsules, liquid formulations, or incorporated into functional foods at daily doses of 0.8 to 3.0 grams beta-sitosterol. The invention provides a natural, cost-effective alternative to synthetic lipid-lowering drugs for cardiovascular disease prevention and dyslipidemia management.

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