

## FOOD SUPPLEMENT

**Ingredients.** Phytosterol blend (Vitasterol S-80), *Berberis aristata* root extract, *Betula pendula* Roth bark extract, stabiliser (microcrystalline cellulose), vitamin E (mixed tocopherols).

Food supplements should not be used as a substitute for a varied diet. Do not exceed the recommended daily dose. Keep out of reach of children. Store in cool and dry place.

Directions: 2 - 4 capsules daily.

Nutritional information per:	2 capsules	4 capsules
Phytosterols (Vitasterol S-80)	900mg	1800mg
<i>Berberis aristata</i> root extract	100mg	200mg
<i>Betula pendula</i> bark extract	100mg	200mg
Vitamin E	6mg (50% NRV*)	12 mg (100% NRV*)

\*NRV: Nutrient Reference Value | **120 Capsules** | **Net Weight: 38g**

Little Help Nutrition S.L.  
Salut 51 - 08202 Sabadell  
BARCELONA (SPAIN)  
[www.alittlehelpnutrition.eu](http://www.alittlehelpnutrition.eu)

Batch number:  
Best before end:



# A little help

## HelpChol PLUS



Food Supplement  
**60 Capsules**



## A little help **HelpChol PLUS**

**Phytosterols** help maintain normal blood cholesterol levels\*.

Phytosterols have been shown to reduce cholesterol levels. High cholesterol is a risk factor in the development of coronary heart disease\*\*.

**Vitamin E** contributes to the protection of cells against oxidative damage.

**A Little Help** highlights the importance of a varied and balanced diet and a healthy lifestyle.

(\*) The beneficial effect is obtained with a minimum daily intake of 0,8 g of phytosterols (2 capsules).

(\*\*) The beneficial effect is obtained with a minimum daily intake of 1,5 g of phytosterols (4 capsules).

