



**AAK**

**Vividol® T**

Vividol® T  
– ready-to-use phytosterols for Functional Food

**Vividol® T – oil blend or tailored hard stocks with phytosterols**

- ◆ good melting behaviour giving a good mouth feel
- ◆ easy to use and incorporate
- ◆ low in free sterols – has no off-taste
- ◆ has obtained Novel Food Approval
- ◆ supplied as oil blend, in hard stocks or in tailored solutions for a wide range of applications

Example of approved claim

“Phytosterols have been shown to lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease”



**EU approved applications for Vividol® T**

**Yellow fat spreads**

As defined by Council Regulation (EC) No. 2991/94, excluding cooking and frying fats and spreads based on butter or other animal fat

**Milk-based products**

Skimmed and semi-skimmed milk type products, possibly with the addition of fruits and cereals

**Fermented milk type products**

Low-fat (max 12%) cheese type products and yoghurt type products where possibly the milk fat has been reduced and the fat has been fully or partly replaced by vegetable fat

**Spicy sauces and Salad dressings, including Mayonnaise\***

**Soya drinks**

**Milk-based fruit drinks**

\*must be packed as single portions

**Phytosterols – Cholesterol reducing Food Ingredient**

Plant derived sterols, or phytosterols, are natural constituents of plants, where they have many essential functions.

Major sources of Phytosterols are seeds, vegetable fats and oils and nuts. The average intake of Phytosterols from a normal diet is around 150-400 mg a day (SCF 2002).

Scientific studies have shown that Phytosterols reduce the uptake of cholesterol in humans and decrease the level of LDL-cholesterol in the blood serum. High levels of LDL cholesterol is a well known risk factor for Coronary Heart Disease.

To obtain the effect on blood serum cholesterol levels, the daily intake of Phytosterols should be between 1-3 g.

**Cholesterol reduction by Phytosterols – an example**

N = 34. 2 g sterol/day in 20 g margarine/day	Stanol ester	Sterol ester
Total cholesterol	-9,5 %	-7,5 %
LDL "bad" cholesterol	-12,9 %	-10,7 %
HDL "good" cholesterol	No change	+ 3,3 % (ns)

Source: Hallikainen et al, Eur J Clin Nutr, 54, (2000), 715-715

- ◆ A Novel Food is a food that was not consumed in EU before the 15th of May 1997 (Regulation (EC) 258/97)
- ◆ For Novel Foods, authorization is required in compliance with the EU regulation, before it can be placed in the EU-market

“Commission Decision of 15 May 2007 authorizing the placing on the market of oil enriched with phytosterols or phytostanols as a novel food ingredient under Regulation (EC) No 258/97 of the European Parliament and of the Council“.

- ◆ Vividol® T is based on top quality non-GMO vegetable ingredients
- ◆ The production is monitored by state-of the art quality control systems
- ◆ AAK has extensive knowledge in fat technology, processing and product adaptation for your industry – speed, quality and security
- ◆ AAK provides technical support and tailor made solutions for your application