## Stay Informed

**Join the CoroWise™ Community Today**
Get info on new products that contain CoroWise™ plant sterols and be part of surveys to develop new products.

» Join Now

## Facebook

Corowise™ is on Facebook. Become a fan today! Fans are eligible to win a $100 prize each month!

» Become a Fan

## The Wellness Advisor

Your source for education and up-to-date information on wellness and healthy living.

» FREE Subscription

## Testimonials

See what others area saying about CoroWise™ and how it is helping them reduce cholesterol.

» Read More

# Where to Buy

## Centrum Cardio®

Two Centrum Cardio® a Day - You May See Cholesterol-Lowering Benefits of Phytosterols in as little as 4 Weeks!‡ Concerned about cholesterol? Well now there is a new way to help lower it. NEW Centrum Cardio® gives you the complete nutrition you'd expect from Centrum® - combined with a significant cholesterol-lowering ingredient.‡

- The first and only^ complete multivitamin with CoroWise™ phytosterols that can lower cholesterol‡
- A daily serving (2 tablets) contains 800 mg of CoroWise™ phytosterols, a natural ingredient mainly derived from soybeans that works by blocking cholesterol absorption and significantly lowers bad (LDL) cholesterol‡
- May see the cholesterol-lowering benefits of phytosterols in as early as 4 weeks‡
  - ‡Foods or dietary supplements containing at least 400 mg per serving of free phytosterols taken twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily serving of Centrum Cardio® (2 tablets) contains 800 mg of CoroWise™ phytosterols.
  - ^ Among Leading Brands

Where to Buy Centrum Cardio®

## VitaTops™

Vitalicious Inc., known for creating baked goods with nutritional benefits, such as vitamins and minerals, is the first baked goods company to include CoroWise™ plant sterols in its muffin product line. The new Dark Chocolate Pomegranate flavor of VitaTops™ muffin tops are now available online at www.vitalicious.com.

Where to Buy VitaTops™

## Corazonas™ Chips and Oatmeal Squares

Corazonas™ is a line of innovative and truly delicious snacks made with cholesterol-reducing CoroWise™ plant sterols. Using a patented process, the company's tortilla chips, potato chips, and oatmeal squares are infused with naturally sourced plant sterols, which have demonstrated their ability to fight heart disease by lowering LDL (bad) cholesterol in numerous clinical studies. Corazonas chips offer 0.4 grams of plant sterols per 1 oz. serving, and each Corazonas Oatmeal Square has 0.8 grams of plant sterols.

Corazonas™ Tortilla Chips have 18 grams of whole grain and 3 grams of fiber per serving, and are available in Lightly Salted, Squeeze of Lime and Black Bean and Cheese.

Corazonas™ Potato Chips contain 40 percent less fat than regular potato chips and are available in Slightly Salted, Parmesan Peppercorn, Italiano 4 Cheese, Spicy Rio Habañero, and Sea Salt & Vinegar.

Corazonas™ Oatmeal Squares offer 13-16 grams of whole grain, 5 grams of fiber, and 6 grams of protein per serving, and are available in Cranberry Flax, Chocolate Brownie and Almonds, Chocolate Chip, Peanut Butter and Banana Walnut.

## Minute Made® Premium Heartwise™

Minute Maid® Premium Heart Wise™ is the first orange juice clinically proven to help reduce cholesterol, with 1 gram of CoroWise™ plant sterols per 8-fluid-ounce serving. In a recent clinical study conducted at the University of California Davis Medical Center, participants significantly lowered their LDL cholesterol by drinking two 8-fluid-ounce servings of Minute Maid Premium Heart Wise orange juice with CoroWise™ plant sterols daily with meals for eight weeks.

## Rice Dream® Heartwise™

The Hain Celestial Group, the leader in Rice Beverages, introduces Rice Dream Heartwise™, the first and only rice beverage to display a heart health claim. Rice Dream Heartwise contains CoroWise™ plant sterols which includes plant sterol esters - a plant based extract that has been clinically shown to lower cholesterol and may reduce the risk of heart disease. It has a light, refreshing flavor that many people prefer to other non-dairy beverages.

More about Rice Dream® Heartwise™

## Giant Eagle® Fat Free Milk

Giant Eagle® Fat Free Milk with 0.4g CoroWise™ plant sterols per serving supplies cholesterol reducers which are clinically proven to help reduce your risk of heart disease*. Enjoy a cold glass of refreshing milk knowing that you are helping reduce your cholesterol and improve your heart health at the same time. Giant Eagle Fat Free Milk with CoroWise™ is also an excellent source of calcium, helping you build strong bones. It is available in half-gallons at participating locations.

* Giant Eagle Inc., ranked 32 on Forbes magazine's largest private corporations list and recipient of Grocery Headquarters' 2007 Retailer of the Year Award and the EPA's ENERGY STAR Retail Partner of the Year Award, is one of the nation's largest food retailers and food distributors with approximately $7.1 billi on in annual sales. Founded in 1931, Giant Eagle, Inc. has grown to be the number one supermarket retailer in the region with 158 corporate and 65 independently owned and operated supermarkets in addition to 138 fuel and convenience stores throughout western Pennsylvania, Ohio, north central West Virginia and Maryland.

* * Foods containing at least 0.4 grams per serving of plant sterols, eaten twice a day with meals for a daily total intake of at least 0.8 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each serving of Giant Eagle Fat Free Milk containing plant sterols supplies 0.4g per serving.

Where to Buy Giant Eagle® Fat Free Milk

## Lifetime Low Fat Cheese

Cheese has traditionally been one of the first foods a person gives up when they discover their cholesterol is high. Thanks to Lifeline Food Co., this is no longer the case. A single 1-oz serving of the cheese, which comes in Cheddar, extra sharp Cheddar, japaleno Jack and mozzarella, contains 0.65g plant sterol esters. A serving at two meals provides the recommended amount to reap the cholesterol-lowering benefits of plant sterol esters. Lifetime cheeses are made with CoroWise™ plant sterols. The cheese with plant sterol esters actually tastes creamier than the regular low-fat product because the plant sterol esters act as a fat mimetic.

Where to Buy Life Time Cheese

## Cardio Chews™

Cargill's CoroWise™ Naturally Sourced Cholesterol Reducer™ brand of plant sterols is now available in individually-wrapped Cardio Chews™. Now adults who enjoy over-the-counter Cardio Benefits were demonstrated in men and women with

More about Minute Made® Heartwise

## Active Lifestyle Bread from Kroger

Active Lifestyle Breads are another great way to help lower your cholesterol while enjoying the delicious Bread that you trust from your local Kroger Family of Stores. It is available in six tempting flavors including 5 Seed Whole Grain, Brown Rice, Honey Oat, Whole Grains, 100% Whole Wheat, and Whole Wheat Fiber Plus. Kroger Active Lifestyle bread contains CoroWise™ plant sterolsto help you to lower* your cholesterol. Better health is within your reach with Active Lifestyle Products from Kroger.

* Foods containing at least 0.4 grams per serving of plant sterols, eaten twice a day with meals for a daily total intake of at least 0.8 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each serving of Active Lifestyle Bread contains 0.8g per serving.

More about Kroger Active Lifestyle Bread

## Healthy Chekd Fat Free Milk

*Chek* out the new & improved Healthy Chekd Fat Free Milk. It includes CoroWise™, a brand of plant sterols, in a great tasting milk.

## Racconto® Essentials Pasta and Sauces

Racconto® Essentials Pasta combines the delicious, all-natural taste and texture of premium whole grain pasta – penne rigate, rotini and rigatoni – with the CoroWise™ Naturally Sourced Cholesterol Reducer™™ brand of plant sterols. Racconto® also offers tomato basil pasta sauce, and roasted garlic pasta sauce, both with 0.4 grams of CoroWise™ plant sterols per serving.

In addition to CoroWise™ plant sterols, Racconto® Essentials Pasta contains 28 percent of the daily value of fiber. Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers. Racconto pastas and sauces are available online at www.racconto.com and the pastas are also available at the following grocery retailers: Safeway, Giant Carlisle, HEB, Ralph's, Roundy's, Kings, Whole Foods (Northwest region), Giant Eagle.

*Foods or dietary supplements containing at least 0.4g per serving of free plant sterols taken twice daily with meals for a daily total intake of at least 0.8g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

## Vitafusion Gummy Vitamins

Vitafusion® HeartOne is a gummy after your own heart. You and your heart will love each delicious peach serving, since they are the first gummy vitamins specifically made to support heart health and healthy cholesterol levels in adults with normal levels.* They are made with natural colors and flavors and contain 400 mg of CoroWise™ phytosterols per serving. Vitafusion® HeartOne gummies, taken

Chews™ twice daily with meals, and follow a healthy diet of foods low in saturated fat and cholesterol, may see their cholesterol numbers start to drop in as little as four weeks.

Available in both cherry and chocolate flavors, Cardio Chews™ are sugar free and contain just 30 calories and 0.4g plant sterols per single chew serving. They are available nationwide in a 28-chew package, which is a two-week supply. Cardio Chews™ are initially available at ShopKo and online at Drugstore.com, Walgreens.com, Walmart.com, Target.com, Samsclub.com, Meijer.com, and Amazon.com

twice a day with meals for a total daily intake of at least 800mg of Corowise™ phytosterols, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This product is not a replacement for cholesterol lowering prescription drugs. If you have elevated cholesterol, consult your doctor for medical advice and treatment.

More about Vitafusion Gummy Vitamins