

Table 1S. Sterol content (mg/100g) in plant sterol (PS) food supplement and PS-enriched beverage and rye bread

	PS food supplement*	PS-enriched beverage	PS-enriched rye bread
Cholesterol	-	12.7 ± 2.3	-
Campesterol	6658 ± 264	62.0 ± 4.0	156.2 ± 7.2
Campestanol	1963 ± 90	12.0 ± 1.0	23.3 ± 2.1
Stigmasterol	478 ± 16	5.0 ± 0.3	9.3 ± 0.6
β-Sitosterol	60661 ± 774	742.2 ± 55.8	1722.9 ± 72.9
Sitostanol	15855 ± 645	91.0 ± 1.7	227.3 ± 9.5
Δ5-Avenasterol	85 ± 4	-	15.3 ± 1.1
Δ5,24-Stigmastadienol	247 ± 3	-	5.1 ± 0.7
Δ7-Stigmastenol	505 ± 17	-	13.7 ± 1.2
Δ7-Avenasterol	332 ± 13	-	7.6 ± 1.0
Total PS	86783 ± 1787	912.2 ± 59.8	2180.4 ± 90.4

Data are expressed as mean ± standard deviation ($n = 3$). *Data obtained experimentally in the present study. The sterol content in the beverage and bread is described by Makran *et al.*²⁴ and Faubel *et al.*²⁵, respectively.