

Supplementary Table 1. Change in plasma outcome measures in the placebo (PL), phytosterols (PS), curcumin (CC) and phytosterol + curcumin (PS-CC) groups from baseline to postintervention.¹

	PL (n = 18)	PS (n = 19)	CC (n = 18)	PS-CC (n=20)
TC				
BL	6.88 ± 0.27	6.73 ± 0.17	6.32 ± 0.19	6.99 ± 0.22
PI	6.83 ± 0.27	6.28 ± 0.17***	6.53 ± 0.18*	6.55 ± 0.15*
Δ mmol/L	-0.05 ± 0.11 ^a	-0.44 ± 0.07 ^b	0.21 ± 0.05 ^{ac}	-0.44 ± 0.12 ^{bd}
LDL-C				
BL	4.77 ± 0.24	4.43 ± 0.15	4.16 ± 0.15	4.82 ± 0.20
PI	4.70 ± 0.24	4.08 ± 0.15***	4.34 ± 0.14*	4.30 ± 0.12**
Δ mmol/L	-0.08 ± 0.10 ^{ab}	-0.35 ± 0.06 ^{ac}	0.18 ± 0.07 ^b	-0.52 ± 0.11 ^c
HDL-C				
BL	1.44 ± 0.09	1.69 ± 0.08	1.41 ± 0.08	1.39 ± 0.09
PI	1.44 ± 0.08	1.66 ± 0.08	1.44 ± 0.08	1.39 ± 0.09
Δ mmol/L	0.00 ± 0.05	-0.04 ± 0.04	0.03 ± 0.03	0.01 ± 0.03
TC:HDL				
BL	5.05 ± 0.35 ^{ab}	4.12 ± 0.21 ^a	4.73 ± 0.29 ^{ab}	5.44 ± 0.38 ^b
PI	5.00 ± 0.34 ^{ab}	3.95 ± 0.20 ^a	4.77 ± 0.29 ^{ab}	5.06 ± 0.33 ^{***b}
Δ	-0.05 ± 0.20	-0.17 ± 0.11	0.03 ± 0.10	-0.38 ± 0.08
TG				
BL	1.39 (1.02, 1.95)	1.21 (0.98, 1.48)	1.40 (0.88, 2.39)	1.65 (1.17, 2.50)
PI	1.39 (1.02, 1.82)	1.16 (0.84, 1.51)	1.12 (1.05, 2.11)	1.55 (1.10, 2.59)
Δ mmol/L	0.01 (-0.25, 0.42)	-0.04 (-0.19, 0.12)	-0.09 (-0.32, 0.24)	-0.05 (-0.32, 0.10)
CVD risk (%)				
BL	11.03 (7.24, 13.82)	7.60 (3.88, 15.69)	7.31 (3.04, 13.43)	13.09 (8.40, 24.77)
PI	10.27 (7.32, 15.11)	6.96 (3.67, 12.83)*	7.50 (3.72, 12.93)	11.87 (7.18, 23.38)**

Δ 0.63 (-0.23, 1.86)^a -0.50 (-1.42, 0.07)^{ab} -0.15 (-0.50, 1.63)^{ab} -0.95 (-2.21, -0.10)^b

Supplementary Table 2. Reported dietary intake of hypercholesterolaemic adults who consumed placebo (PL-C) and phytosterol (PS-C) at baseline (BL) and mean change (Δ) from baseline to post-intervention.¹

	PL-C (n=36)		PS-C (n=39)	
	BL	Δ	BL	Δ
Energy				
kJ	8687 (7436, 10570)	-184 (-1298, 1481)	8447 (6761, 10211)	-86 (-1332, 934)
kcal	2078 (1779, 2529)	-44 (-311, 354)	2021 (1617, 2443)	-21 (-319, 223)
Protein (g)	105.06 (81.92, 123.38)	-5.31 (-25.69, 14.46)	85.94 (72.69, 106.98)	-1.08 (-12.46, 12.79)
CHO (g)	214.32 (166.80, 269.51)	7.04 (-40.38, 45.78)	187.03 (148.21, 242.29)	8.93 (-27.53, 26.42)
Sugars (g)	104.60 (61.20, 133.31)	-8.63 (-36.84, 24.02)	83.97 (64.03, 128.18)	-3.56 (-22.17, 10.45)
Starch (g)	108.16 (89.55, 139.14)	16.05 (-17.03, 35.52)	95.74 (86.83, 124.18)	12.80 (-13.55, 27.83)
Total fat (g)	78.47 (61.53, 99.90)	0.50 (-15.14, 17.18)	77.26 (63.79, 107.35)	-2.51 (-19.48, 17.32)
Saturated (g)	29.66 (20.18, 35.71)	0.01 (-5.33, 7.04)	28.04 (21.05, 36.99)	-1.22 (-8.65, 5.00)
Trans (g)	1.38 (0.79, 1.72)	0.15 (-0.17, 0.53)	1.35 (0.95, 1.68)	0.70 (-0.25, 0.62)
MUFAs (g)	28.83 (22.45, 35.41)	3.00 (-7.30, 8.87)	28.37 (24.35, 40.51)	-4.56 (-9.71, 6.25)
PUFAs (g)	11.44 (9.10, 16.08)	1.55 (-2.32, 4.39)	12.22 (9.34, 17.14)	1.37 (-1.10, 6.06)
Cholesterol (mg)	359 (256, 448)	-34 (-132, 108)	267 (217, 406)	-55 (-130, 46)

Fibre (g)	26.76 (18.82, 36.33)	-2.22 (-10.58, 2.91)	26.38 (21.79, 28.80)	-1.26 (-5.40, 3.74)
Alcohol (g)	1.33 (0.00, 17.55)	0.00 (0.00, 10.50)	3.01 (0.00, 14.77)	0.00 (-4.96, 0.49)

¹ Values are reported as median (25th and 75th percentile). BL, baseline; Δ, change from baseline to post-intervention; CHO, carbohydrates; MUFA, monounsaturated fatty acid; PL-C, placebo; PS-C, phytosterols; PUFA, polyunsaturated fatty acid.

Supplementary Table 3. Effects of baseline data on the change in blood lipid profile.¹

	Coefficient²	t	p
<i>Absolute change in TC (mmol/L)</i>			
Dietary cholesterol	0.0004 ± 0.0002	2.10	0.039
TC	-0.21 ± 0.04	-4.64	<0.001
Treatment	-0.45 ± 0.08	-5.46	<0.001
<i>Relative change in TC (%)</i>			
TC	-2.40 ± 0.63	-3.84	<0.001
Treatment	-6.99 ± 1.18	-5.94	<0.001
<i>Absolute change in LDL-C (mmol/L)</i>			
Dietary cholesterol	0.0004 ± 0.0002	2.41	0.018
LDL-C	-0.25 ± 0.04	-5.69	<0.001
Treatment	-0.43 ± 0.07	-5.89	<0.001
<i>Relative change in LDL-C (%)</i>			
Dietary cholesterol	0.006 ± 0.003	2.14	0.036
LDL-C	-4.21 ± 0.84	-4.98	<0.001
Treatment	-9.67 ± 1.43	-6.75	<0.001
<i>Absolute change in LDL-P (nmol/L)</i>			
LDL-P	-0.20 ± 0.09	-2.18	0.033
TC	-150.75 ± 66.83	-2.26	0.027
Treatment	-103.12 ± 41.32	-2.50	0.015
LDL-C	222.27 ± 78.03	2.85	0.006
<i>Relative change in LDL-P (%)</i>			
Trans fat	4.02 ± 1.79	2.24	0.028
Treatment	-5.15 ± 2.07	-2.49	0.015
LDL-P	-0.01 ± 0.005	-2.58	0.012
TC	-9.14 ± 3.35	-2.73	0.008

LDL-C	13.43 ± 3.91	3.44	0.001
<i>Absolute change in LDL-Z (nm)</i>			
Saturated fat	0.01 ± 0.005	2.08	0.041
TC	0.23 ± 0.10	2.36	0.021
Trans fat	-0.21 ± 0.09	-2.40	0.019
Treatment	-0.16 ± 0.06	-2.51	0.015
WHR	1.59 ± 0.63	2.52	0.014
LDL-C	-0.35 ± 0.11	-3.19	0.002
<i>Relative change in LDL-Z (%)</i>			
Saturated fat	0.05 ± 0.02	2.04	0.046
TC	1.07 ± 0.46	2.33	0.023
Trans fat	-0.97 ± 0.41	-2.36	0.021
WHR	7.39 ± 2.98	2.48	0.016
Treatment	-0.73 ± 0.30	-2.46	0.016
LDL-C	-1.63 ± 0.51	-3.17	0.002

¹ Baseline data including known confounders were included in a multiple regression utilising a backward stepwise procedure to eliminate covariates that were not statistically significant at the 0.05 significance level from the regression model. Final reduced models from the backward regression procedure containing statistically significant predictors are presented.

² Data are reported as coefficient ± SEM.

LDL-C, low-density lipoprotein cholesterol; LDL-P, low-density lipoprotein particle number; LDL-Z, low-density lipoprotein particle size; TC, total cholesterol; WHR, waist-to-hip ratio