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Preparation and Characterization of Betasitosterol-Loaded Nanostructured Lipid Carriers for Butter Enrichment

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ABSTRACT

At the present time cardiovascular diseases are increased with saturated fat consumption and therefore, there is a growing need for modified dairy products which could decrease the hazards of cholesterol and fat eating. Nutraceuticals have medicinal and nutritional properties that prevent many diseases. Phytosterols, are one of the most important bioactive nutraceuticals which are reported to show positive effects on reducing total cholesterol, low-density lipoprotein

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