We are looking for adult (18 - 70 years) with elevated levels of LDL-Cholesterol between 2.58 - 4.11 mmol/l.

You will need to come for a screening visit to identify your lipid profiles and invited to continue with the project if these are slightly to moderately raised but below any risk levels.

You will be then randomly enrolled to either low dose of lecithin group or high dose of lecithin group.

We will ask you to take lecithin supplements for 4 weeks and then also monitor your lipid profiles over the next 4 weeks; involving 7 to 8 visits to the Functional food Centre over two months, each visit lasting up to an 15 min.

Lipid profile levels will be assessed which include: LDL, High density lipoprotein (HDL), cholesterol and triglycerides and blood samples will be taken at each visit through the study period.

For more information about the study and visiting times please contact the researcher Ms. Majd Jan.

£50 Amazon voucher after you finish the study