REFERENCES

- 1. The importance of Sitosterol and Sitosterolin in human and animal nutrition: Karl H. Pegel; South African Journal of Science, V.93, pp. 263-268, June 1997.
- 2. Merck Index; 12th Ed. 1996. S. Budavari (page 1467), Merck Research Laboratories.
- 3. Martindale; 32nd Ed. 1999. K. Parfitt (page 1279), Pharmaceutical Press, U.S.A.
- 4. Review. Plant Sterols: Biosynthesis, biological function and their importance to human nutrition. V. Piironen, D.G. Lindsay, T.A. Miettinen, J. Toivo and A-M Lampi; Journal of Science Food and Agriculture; 80: 939-966 (2000).
- 5. Textbook of Pharmacology 2nd Ed. 1980 W.C. Bowman and M.J. Rand (page 1.15), Blackwell Scientific Publications, London, Great Britain.
- 6. Textbook of Pharmacology 2nd Ed. W.C. Bowman and M.J. Rand (page 28.36 and 39.13) Blackwell Scientific Publications, London, Great Britain.
- 7. Textbook of Pharmacology 3rd Print 1970. W.C. Bowman, M.J. Rand and G.B. West (page 362). Blackwell Scientific Publications, Colchester, Great Britain.
- 8. In reference to toxicology and pharmacology of the Sitosterin fraction of Hypoxis rooperi. H. Kündig. Notabene medicii, <u>II</u>, 358 363 (1981).
- 9. Pharmacokinetics and Bioavailability of β-Sitosterol in the Beagle Dog. W.A. Ritschel et. al. Drug Research 40 (1990) page 463-468.
- 10. The metabolism and pharmacokinetics of BSSG in man. Huntingdon Research Centre (August 1982).
- 11. Studies of the pharmacokinetics of BSSG (adsorbed onto BSS) in human subjects after oral doses Huntingdon Research Centre (September 1982).
- 12. A multicentric, placebo controlled, double-blind clinical trial of beta-sitosterol (phytosterol) for the treatment of benign prostatic hyperplasia. Klippel K.F.; Hiltl D.M. ad Schipp B. British Journal of Urology, V.80, pp. 427-432, 1997.
- 13. Can dietary factors influence prostatic disease? M.S. Morton; A. Turkes; L. Denis and K. Griffiths. BJU International (1999), <u>84</u>, 549-554.
- 14. ß-Sitosterol for the treatment of benign prostatic hyperplasia: A systematic review. T.J. Wilt; R. MacDonald and A. Ishani. BJU International (1999), <u>83</u>, 976-983.
- 15. Treatment of symptomatic benign prostatic hyperplasia with β-Sitosterol: An 18-month follow-up. R.R. Berges; A. Kassen and T. Senge. BJU International (2000), 85, 842-846.
- 16. Beta-Sitosterol and Beta-Sitosterol Glucoside stimulate human peripheral blood lymphocyte proliferation: Implications for their use as an immuno-modulatory

- vitamin combination. P.J.D. Bouic; et al. Int. J. Immunopharmac. Vol. <u>18</u>. pp 693-700, 1996.
- 17. Plant Sterol/Sterolin Supplement use in a cohort of South African HIV-infected patients effects on immunological and virological surrogate markers. P.J.D. Bouic, et al. SAMJ: October 2001, Vol. 91, No.10
- 18. A prospective, controlled study to evaluate the effect of an essential sterol and sterolin formulation as a putative modulator in FIV (feline immunodeficiency virus) infected laboratory cats. J. Lamprecht, P. Bouic, M. Freestone and M. Austin. Presentation at the 12th World Aids Conference, Geneva, June 18 July 3, 1998.
- 19. The effects of β-Sitosterol (BSS) and β-Sitosterol Glucoside (BSSG) mixture on selected immune parameters of marathon runners: Inhibition of post marathon immune suppression and inflammation. P.J.D. Bouic; et al. Int. J. Sports Med. 1999; 20: 258-262.
- 20. Plant sterols and sterolins: A review of their immune-modulating properties. P.J.D. Bouic and J.H. Lamprecht. Altern. Med. Rev. 1999; <u>4</u>: 170-177.
- 21. Antihyperglycemic and insulin-releasing effects of β-Sitosterol 3-β-D-Glucoside and its Aglycone, β-Sitosterol. M.D. Ivorra, et al. Archives of the International Pharmacodyn, V. 296, pp. 224-231, 1988.
- 22. Flow Cytometric Analysis of the TH₁ TH₂ shift in allergic individuals using Moducare (sterols/sterolins). L. Myers and P. Bouic.
- 23. Anti-inflammatory and anti-pyretic activities of β-Sitosterol. M.B. Gupta, et al. Planta Medica <u>39</u>, pp. 157-163, 1980.
- 24. A pilot study of the clinical effects of a mixture of Beta-Sitosterol and Beta-Sitosterol glucoside in active rheumatoid arthritis (RA). I. Louw, et. Al. Abstract Nutrition Week Congress, February 2002.
- 25. A randomised placebo-controlled trial of the efficacy of beta-sitosterol and its glucoside as adjuvants in the treatment of pulmonary tuberculosis. P.R. Donald; et al. Int. J. Tuberc. Lung. Dis. 1: 518-522, 1997.
- 26. Mechanisms for Cholesterol homeostasis in rat jejuna mucosa: Effects of cholesterol, sitosterol and lovastin. L.B. Nguyen, et al. Journal of Lipid Research <u>42</u>, 2001 pg 195-200.
- 27. A comparison of the survival benefit provided by putative immune modulators in the FIV+ (Feline immunodeficiency virus infected) laboratory cat model. J. Lamprecht et. al. Presentation at the 13th World Aids Conference, Durban, 2000.
- 28. The anti-glucocorticoid effects of β-sitosterol (BSS) and β-sitosterol glucoside (BSSG) mixture on human lymphocytes in vitro. P. Bouic, et. al. FASEB J (2000) Volume 14 (4) Supp pages 30, Abstract LB 164.

- 29. PTH₁ Immunological memory and activation status of HIV positive patients: non-treated versus Moducare treated patient groups. G. Claassens, et. al. Poster Abstract. Joint Congress: HIV Clinicians, Infectious Diseases, Infection Control, Travel Medicine, Sexually Transmitted Diseases, Societies and Veterinary and Human Public Health. 2- 6 December 2001, Stellenbosch.
- 30. South African Medical Journal. Plant sterol/sterolin Supplement use in cohort of South African HIV infected patients-Effects on Immunological and virological surrogate markers. Oct 2001, Vol 91, N 10.
- 31. Current Opinion Of Clinical Nutrition and Metabolic Care. The Role of Phytosterols and phytosterolins in immune modulation: a review of the past ten years. November 2001, 4:471-475.
- 32. Comparative changes in laboratory parameters of Specified Pathogen Free (SPF) and non-Specified Pathogen Free (non-SPF) laboratory cats infected with Feline Immunodeficiency Virus (FIV)M.W. Freestone 3,J.H. Lamprecht 1, M.E. Austin 2, P.J.D. Bouic 4, A. Clark 3, W. Brittle 3 XIV International AIDS Conference Barcelona July 7-12, 2002.
- 33. Immunological memory and activation status of HIV positive patients: non-treated versus Moducare™ treated patient groups P.J.D. Bouic, J.H. Lamprecht, G. Claassens, A. Clark, W. Brittle, M. Freestone University of Stellenbosch, Dept. Medical Microbiology, Faculty of Health Sciences, University of Stellenbosch, P.O. Box 19063, Tygerberg 7505, South Africa. XIV International AIDS Conference Barcelona July 7-12, 2002.
- 34. Enhanced spontaneous apoptosis of CD4+ lymphocytes in Feline Immunodeficiency Virus Infected (FIV+), Specified Pathogen Free (SPF) Cats, treated with the immune modulator, Beta-sitosterol/Beta-sitosterol glucoside (MODUCARE TM) J.H. Lamprecht1, P.J.D. Bouic 2, M. Freestone 3, M. Austin 4, A. Clark 3, W. Brittle 3.1 Department of Pharmacology, University of Stellenbosch, 61 Clarendon Street, PAROW VALLEY, 7500, South Africa; 2 Department of Medical Microbiology, University of Stellenbosch, Cape Town, South Africa; 4 Central Research Unit, University of Stellenbosch, Cape Town, South Africa.
- 35. Anti-cancer Agents Isolated from plants, Hartwell, 1976; 60:1031-106.
- 36. Drug Discovery Today. Sterols and Sterolins: New drugs for our immune system. P.J.D Bouic. Vol.7 14 July 2002.
- 37. Aids Bulletin. Immunomodulation in HIV/AIDS: The Tygerberg/ Stellenbosch University Experience. No 6 Vol 3 Sept 1997
- 38. The Lancet. A randomised placebo controlled double blind clinical trial of Betasitosterol in patients with benign prostatic hyperplasia. RR Burges, J Wiindier, HJ Trampisch, TH Senge. Vol. 345, No. 8964, p 1529 – 1532, 17 June 1995.

SPECIFIC STUDIES/PAPERS ON MODUCARE

- 1. In reference to toxicology and pharmacology of the Sitosterin fraction of Hypoxis rooperi. H. Kündig. Notabene medicii, <u>II</u>, 358 363 (1981).
- 2. A multicentric, placebo controlled, double-blind clinical trial of beta-sitosterol (phytosterol) for the treatment of benign prostatic hyperplasia. Klippel K.F.; Hiltl D.M. ad Schipp B. British Journal of Urology, V.80, pp. 427-432, 1997.
- 3. Beta-Sitosterol and Beta-Sitosterol Glucoside stimulate human peripheral blood lymphocyte proliferation: Implications for their use as an immuno-modulatory vitamin combination. P.J.D. Bouic; et al. Int. J. Immunopharmac. Vol. <u>18</u>. pp 693-700, 1996.
- 4. Plant Sterol/Sterolin Supplement use in a cohort of South African HIV-infected patients effects on immunological and virological surrogate markers. P.J.D. Bouic, et al. SAMJ: October 2001, Vol. 91, No.10
- 5. A prospective, controlled study to evaluate the effect of an essential sterol and sterolin formulation as a putative modulator in FIV (feline immunodeficiency virus) infected laboratory cats. J. Lamprecht, P. Bouic, M. Freestone and M. Austin. Presentation at the 12th World Aids Conference, Geneva, June 18 July 3, 1998.
- 6. The effects of β-Sitosterol (BSS) and β-Sitosterol Glucoside (BSSG) mixture on selected immune parameters of marathon runners: Inhibition of post marathon immune suppression and inflammation. P.J.D. Bouic; et al. Int. J. Sports Med. 1999; 20: 258-262.
- 7. Plant sterols and sterolins: A review of their immune-modulating properties. P.J.D. Bouic and J.H. Lamprecht. Altern. Med. Rev. 1999; <u>4</u>: 170-177.
- 8. Flow Cytometric Analysis of the TH_1 TH_2 shift in allergic individuals using Moducare (sterols/sterolins). L. Myers and P. Bouic.
- 9. A pilot study of the clinical effects of a mixture of Beta-Sitosterol and Beta-Sitosterol glucoside in active rheumatoid arthritis (RA). I. Louw, et. Al. Abstract Nutrition Week Congress, February 2002.
- 10. A randomised placebo-controlled trial of the efficacy of beta-sitosterol and its glucoside as adjuvants in the treatment of pulmonary tuberculosis. P.R. Donald; et al. Int. J. Tuberc. Lung. Dis. 1: 518-522, 1997.
- 11. A comparison of the survival benefit provided by putative immune modulators in the FIV+ (Feline immunodeficiency virus infected) laboratory cat model. J. Lamprecht et. al. Presentation at the 13th World Aids Conference, Durban, 2000.
- 12. The anti-glucocorticoid effects of β-sitosterol (BSS) and β-sitosterol glucoside (BSSG) mixture on human lymphocytes in vitro. P. Bouic, et. al. FASEB J (2000) Volume 14 (4) Supp pages 30, Abstract LB 164.

- 13. PTH₁ Immunological memory and activation status of HIV positive patients: non-treated versus Moducare treated patient groups. G. Claassens, et. al. Poster Abstract. Joint Congress: HIV Clinicians, Infectious Diseases, Infection Control, Travel Medicine, Sexually Transmitted Diseases, Societies and Veterinary and Human Public Health. 2- 6 December 2001, Stellenbosch.
- 14. Current Opinion Of Clinical Nutrition and Metabolic Care. The Role of Phytosterols and phytosterolins in immune modulation: a review of the past ten years. November 2001, 4:471-475.
- 15. Comparative changes in laboratory parameters of Specified Pathogen Free (SPF) and non-Specified Pathogen Free (non-SPF) laboratory cats infected with Feline Immunodeficiency Virus (FIV)M.W. Freestone 3,J.H. Lamprecht 1, M.E. Austin 2, P.J.D. Bouic 4, A. Clark 3, W. Brittle 3 XIV International AIDS Conference Barcelona July 7-12, 2002.
- Immunological memory and activation status of HIV positive patients: non-treated versus Moducare™ treated patient groups P.J.D. Bouic, J.H. Lamprecht, G. Claassens, A. Clark, W. Brittle, M. Freestone University of Stellenbosch, Dept. Medical Microbiology, Faculty of Health Sciences, University of Stellenbosch, P.O. Box 19063, Tygerberg 7505, South Africa. XIV International AIDS Conference Barcelona July 7-12, 2002.
- 17. Enhanced spontaneous apoptosis of CD4+ lymphocytes in Feline Immunodeficiency Virus Infected (FIV+), Specified Pathogen Free (SPF) Cats, treated with the immune modulator, Beta-sitosterol/Beta-sitosterol glucoside (MODUCARE TM) J.H. Lamprecht1, P.J.D. Bouic 2, M. Freestone 3, M. Austin 4, A. Clark 3, W. Brittle 3.1 Department of Pharmacology, University of Stellenbosch, 61 Clarendon Street, PAROW VALLEY, 7500, South Africa; 2 Department of Medical Microbiology, University of Stellenbosch, Cape Town, South Africa; 4 Central Research Unit, University of Stellenbosch, Cape Town, South Africa.
- 18. Drug Discovery Today. Sterols and Sterolins: New drugs for our immune system. P.J.D Bouic. Vol.7 14 July 2002.
- 19. Aids Bulletin. Immunomodulation in HIV/AIDS: The Tygerberg/ Stellenbosch University Experience. No 6 Vol 3 Sept 1997