



PATIENT & CAREGIVER EDUCATION

Cholesterol Spinach

This information describes the common uses of Cholesterol Spinach, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Despite anecdotes about this plant being able to lower cholesterol, there is no scientific evidence that it works.

Cholesterol spinach is a plant originally cultivated in Nepal. It has received attention for its use in Hawaii as a cholesterol-lowering nutritional supplement. Despite enthusiasm over this botanical, there is no evidence that explains why it might work. In addition, although a related plant species appeared to lower cholesterol and triglycerides in an animal model, clinical evidence is also lacking.

What are the potential uses and benefits?

- To lower high cholesterol

There is no scientific evidence to support this claim.

What else do I need to know?

Do Not Take if:

- You have a weakened immune system due to chemotherapy, HIV infection, immunosuppressant drugs, or other causes: There is the potential for raw vegetables to be contaminated with bacteria, fungi, or other pathogens.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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