

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

×



Memorial Sloan Kettering  
Cancer Center

[Make an Appointment](#)

[← Back](#)

[Search About Herbs](#)

[Main Appointment & Treatment](#)

[Refer a Patient](#)

#### ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Equality, diversity & inclusion](#)

[Annual report](#)

[Give to MSK](#)

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.

## ▼ Connect

[Contact us](#)

[Locations](#)

APPOINTMENTS

[800-525-2225](#)



## ▼ About MSK

[About us](#)

[Careers](#) 

[Giving](#) 

## ▼ Cancer Care

[Adult cancer types](#)

[Child & teen cancer types](#)

[Integrative medicine](#)

[Nutrition & cancer](#)

[Find a doctor](#)

## ▼ Research & Education

[Sloan Kettering Institute](#)

[Gerstner Sloan Kettering Graduate School](#) 

[Graduate medical education](#)

[MSK Library](#) 

---

[Communication preferences](#)

[Cookie preferences](#)

[Legal disclaimer](#)

[Accessibility statement](#)

[Privacy policy](#)

[Price transparency](#)

