Abstract

The invention relates to a method for the production of highly stable aqueous dispersions of phytosterols, phytostanols and derivatives thereof, which allows the use of a wide range of emulsifiers in relatively small concentrations in relation to the phytosterols and which allows the preparation of dispersions with high concentrations of phytosterols. Said dispersions are obtained using a method in which one or more phytosterols, an aqueous medium and one or more emulsifiers are dispersed in a disperser at a temperature of at least 140 °C in order to obtain an emulsion and the resulting emulsion is subsequently cooled in order to obtain a dispersion of sterols in an aqueous medium.