

[Open Peer Review on Qeios](#)

Stigmasterol

National Cancer Institute

Source

National Cancer Institute. *Stigmasterol*. NCI Thesaurus. Code C68427.

A steroid derivative characterized by the hydroxyl group in position C-3 of the steroid skeleton, and unsaturated bonds in position 5-6 of the B ring, and position 22-23 in the alkyl substituent. Stigmasterol is found in the fats and oils of soybean, calabar bean and rape seed, as well as several other vegetables, legumes, nuts, seeds, and unpasteurized milk.