

## FROM BERGAMOT JUICE, THE SOLUTION FOR HIGH CHOLESTEROL LEVEL AND DYSLIPIDEMIA

**BERGAVIT™** is a powder obtained by extracting the main flavonoids contained in the juice of bergamot (*Citrus aurantium* L. var. *bergamia*) that grows in Calabria area (Italy).

Even now bergamot juice is commonly used in folk Italian remedies **to support healthy cholesterol levels and cardiovascular health.**

COMPOSITION	BERGAVIT™ % (W/W)
Principal Flavonoids (naringin, neoeriocitrin, neohesperidin)	25 - 28

**SUGGESTED DOSAGE: 150 MG OF FLAVONOIDS CORRESPONDING TO 550-600 MG/DAY**



Everyone's body needs cholesterol, but too much can spell trouble for some people. The body gets cholesterol in two ways: 80% of it is made by the liver, and the rest comes from the food you eat.

The amount of cholesterol in your bloodstream is important because of its role in various cardiovascular diseases. The risk of getting these conditions is complex and depends not only on how much cholesterol but also what kind of cholesterol you have in your blood. Generally speaking, high levels of LDL - the "bad cholesterol" - are associated with a higher chance of coronary heart disease; high levels of HDL - or "good cholesterol" - are associated with a lower chance.

### Citrus Bergamia

**Bergamot** is a citrus fruit that comes from the Citrus bergamia plant, an evergreen tree, up to four meters tall, with very fragrant white flowers and shiny leaves. The fruit of the bergamot is an intense yellow colour, with a slightly flattened round shape at the poles. Cultivated mainly in the coastal strip, it is widespread in Calabria.

## WHAT IT DOES

Thanks to the high content of flavonoids, **BERGAVIT™** is able to reduce the plasmatic LDL and triglycerid levels improving the general lipoprotein profile. It also helps to decrease carotid intima-media thickness; therefore **BERGAVIT™** can protect the cardiovascular system.



**REDUCES AND CONTROL CHOLESTEROL**



**VASCULAR PROTECTION**



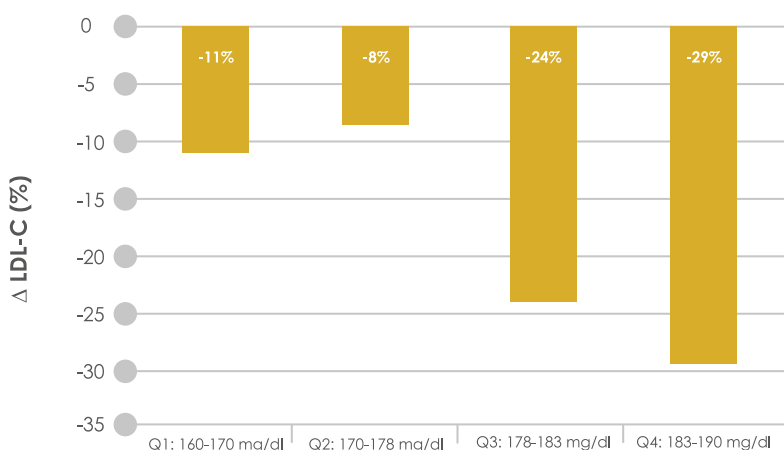
**IMPROVES LIPOPROTEINS PROFILE**



**BERGAVIT™** effects on CVDs (Cardiovascular Disease) Risk factors were evaluated in a **clinical trial**:

- 80 subjects
- treated with 150 mg of pure bergamot flavonoids (550-600 mg of **BERGAVIT™** ingredient)
- one a day for 6 months.

Results obtained in these studies showed that bergamot flavonoids are able to reduce and control plasmatic "bad lipid" levels (**total cholesterol, LDL and triglycerides**) and to increase "good" HDL levels. More in details, in the subjects with highest bad cholesterol, **BERGAVIT™** induced a highest reduction; in subjects with lowest bad cholesterol, it helped to keep it in physiological and restrained levels.



Variation of LDL before and after 6 months of **BERGAVIT™** supplementation in different group.

**-29% OF LDL**



<b>BERGAVIT™</b>	
<b>BOTANICAL NAME</b>	<i>Citrus aurantium L. var. bergamia</i>
<b>COUNTRY OF ORIGIN</b>	<i>Italy</i>
<b>APPEARANCE</b>	<i>Powder Yellow-brown</i>
<b>SUITABLE FOR</b>	<i>Capsule, tablets, granules, sachets, softgel</i>
<b>SUSTAINABLE INGREDIENT</b>	✓
<b>OGM FREE*</b>	✓

\*according to Reg. UE 1829/2003 and Reg. UE 1830/2003.