PHARMACIST
FORMULATIONS

CLINICAL APPLICATIONS

- Helps Maintain Healthy Cholesterol Levels Already Within the Normal Range
- Multidimensional Support for Cardiovascular Health
- Preserves Arterial Health and Elasticity
- Supports Healthy CoQ-10 Levels

Bergamot Lipid Complex

Bergamot contains a powerful and unique array of cholesterol-balancing and cardio-protective polyphenolic flavonoids. Established clinical research has demonstrated that bergamot polyphenols help maintain healthy total cholesterol (TC), high density lipoprotein (HDL), low density lipoprotein (LDL), very low density lipoprotein (VLDL) and triglyceride (TRI) levels. Research has also demonstrated that Bergamot provides antioxidant-balancing properties and maintains normal inflammatory balance to help preserve coronary arteries.

Overview

Optimizing cardiovascular health is a leading concern for many adults, and maintaining healthy cholesterol levels, LDL particle size, glucose regulation and inflammatory balance are some of the most important targets of integrative therapies.

Numerous clinical trials have shown the specific polyphenols found in Bergamot work at the level of the liver to help maintain healthy cholesterol levels already within the normal range, metabolic function and preserves coronary arteries by maintaining normal inflammatory balance.

What are Bergamot Polyphenols?

Bergamot (*Citrus bergamia*) is a citrus plant that grows almost exclusively in the narrow coastal Calabria region in southern Italy. The local population quickly discovered bergamot juice could be used to help support healthy cholesterol levels and optimize cardiovascular wellness.

Bergamot's health benefits derive from its unique profile of phenolic compounds such as, neoeriocitrin, neohesperidin, naringin, rutin, neodesmin, rhoifolin and poncirin. Naringin has been shown to be beneficial in maintaining normal inflammatory balance, while neoeriocitrin and rutin have been found to exhibit a strong capacity to quench free radicals and maintain healthy LDL cholesterol levels. Also, bergamot is rich in brutieridin and melitidin, which have a unique ability to modulate the HMG-CoA reductase enzyme.

Using a patented extraction technology through collaborative works of various universities and research institutions, Bergamot contains Bergamonte® BPE-C, an industry-leading extract containing the albedo (the white rind material), typically removed during the extraction process, creating a bergamot extract that is true to the whole bergamot fruit.

Cardiovascular Properties†

In a placebo-controlled, clinical trial consisting of 77 patients divided into four treatment groups, 1,000 mg of bergamot polyphenols helped maintain healthy levels of all blood lipid markers (HDL, LDL, TC, TRI).[1] Also, this same clinical trial showed that BPF activated the inflammatory-balancing enzyme AKT and reduced malondialdehyde production in neutrophils.[1] Another clinical trial conducted on 80 patients over six months showed 1,500 mg of BPF maintained normal levels of small density LDL and supported normal carotid IMT thickness.[2] In a placebo-controlled study involving 238 patients, 1,000 mg of bergamot polyphenols maintained healthy cholesterol levels and outperformed the group receiving the traditional therapy.[3]

Following a 60-day wash out phase in patients who had been on traditional therapies, 1,500 mg of bergamot polyphenols maintained normal LDL levels and optimized several other parameters of cardiovascular health.[3] Several other recently published placebo-controlled clinical trials have also documented that bergamot can help maintain many other parameters of cardiometabolic health including healthy levels of fasting glucose, HOMA-IR as well as leptin and ghrelin, and normal inflammatory balance, antioxidant potential and CoQ-10 levels in humans.[4-13]

Directions
2 capsules per day or as recommended by your health care professional.

Does Not Contain
Gluten, corn, yeast, artificial colors or flavors.

Cautions
If you are pregnant or nursing, consult your health care professional before taking this product.

Supplement Facts V3

Serving Size 2 Capsules
Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value
Bergamot Orange Extract (*Citrus bergamia* Risso)(Fruit) (Bergamonte®) (38% Bergamot Polyphenolic Fraction® comprised of Neohesperidin, Naringin, Neoeriocitrin, Brutieridin, and Melitidin)	1 g	*

* Daily Value not established.

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Stearic Acid, and Silicon Dioxide.

References

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