

BERGAMOT BPF



RECOMMENDED USE

- *Helps maintain and support cardiovascular health*

CARDIOVASCULAR HEALTH

Bergamot Bioactive Polyphenolic Fractions (BPF) contains a powerful and unique array of cholesterol-balancing polyphenolic flavonoids. Emerging clinical research has demonstrated that BPF help maintain healthy total cholesterol (TC), high density lipoprotein (HDL), and low-density lipoprotein (LDL) levels.

Overview

Optimizing cardiovascular health is a leading concern for many adults, and maintaining balanced cholesterol levels are an important part of that process. Though cholesterol can be consumed through food, circulating cholesterol levels are primarily produced and controlled by the liver using the rate control enzyme, HMG-CoA reductase (HMGCR). Because of its pronounced role in cholesterol synthesis, inhibiting HMGCR has become a primary target of many traditional therapies.

Numerous clinical trials have shown the specific BPF found in Bergamot BPF works at the level of the liver to help maintain and support healthy cholesterol levels and preserve coronary arteries.

What are Bergamot Polyphenolic Fractions?

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 maintain cardiovascular wellness.

Bergamot's health benefits derive from its unique profile of phenolic compounds such as, neoeriocitrin, neohesperidin, naringin, rutin, neodesmin, rhoifolin and poncirin. 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 brutieridine and melitidine.

Using a patented extraction technology through collaborative works of various universities and research institutions, Bergamot BPF contains Bergamonte®, the highest concentration available of these effective phenolic compounds.

Cholesterol-Balancing Properties

In a placebo-controlled, clinical trial consisting of 77 patients divided into four treatment groups, 1,000 mg of BPF helped maintain healthy levels of all blood lipid markers (HDL, LDL, TC).¹ Also, this same clinical trial showed that BPF reduced malondialdehyde production in neutrophils.¹ Another clinical trial conducted on 80 patients over six months showed 150 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 BPF maintained healthy cholesterol levels and outperformed the group receiving the traditional therapy.³

Several other recently published placebo-controlled clinical trials have also documented that BPF can help maintain antioxidant potential and healthy cholesterol levels.⁴⁻¹²

Recommended Dose

Adults: Take two capsules per day, before meals or as recommended by your health care professional. For use beyond 4 months, consult a healthcare practitioner.

Medicinal Ingredients (per capsule)

Bergamot orange (*Citrus bergamia* – Fruit, standardized to 38% Bioflavonoids) (Bergamonte®)500 mg

Non-Medicinal Ingredients

Hypromellose, Magnesium stearate, Silicon dioxide, Stearic acid, Microcrystalline cellulose.

Risk Information

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, and/or are taking prescription medication (as citrus bioflavonoids may alter the effectiveness of these medications.) Some people may experience acid reflux.

To be sure this product is right for you always read and follow the label.

References

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*Research quoted are based on BPF by H&AD

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