

THE MULTITARGET SOLUTION FOR METABOLIC HEALTH

ALTILIX™ is a powder extract obtained from the leaves of a particular cultivar named *Cynara cardunculus* var. *altilis* DC.

Metabolic health is a measure of "good health". Clinicians and Researchers have identified five main risk factors that could impair metabolic health. Having any of these factors increases the risk of cardiovascular health issues, but when they occur together, the risk is even greater. Metabolic syndrome (MS) is a cluster of metabolic dysfunctions, including protein, glucose, lipid, and carbohydrate. MS is characterized by at least 3 out of 5 risk factors simultaneously: 1) high blood pressure, 2) high blood sugar, 3) excess body fat around the waist, 4) high triglyceride levels, and 5) low HDL cholesterol levels.



COMPOSITION

ALTILIX™
% (W/W)

**Chlorogenic Acid
and derivatives (HPLC)**

10.0 - 12.0

**Luteolin-7-glucoside
and derivatives (HPLC)**

2.0 - 4.0

SUGGESTED DOSAGE 150 MG/DAY

Bioactive compounds contained in **ALTILIX™** have been shown to sustain the body improving the metabolism health, liver functioning and cardiovascular system.

***Cynara cardunculus* (L.) or artichoke** is native to the Mediterranean region. The edible parts of artichoke have important nutritional value and are used in the Mediterranean folk medicine thanks to its multiple health benefit like liver detoxification and gastro-intestinal well-being.

Benefits



METABOLIC HEALTH
(GLUCOSE AND LIPIDS)



**CARDIOVASCULAR
SUPPORT HEALTHY**



**WEIGHT MANAGEMENT
AND OPTIMAL WAIST
CIRCUMFERENCE**



LIVER SUPPORT



Mechanism of action



Altlix is a multitarget ingredient that significantly improves **metabolic health**.

It enhances glucose metabolism thanks to the improvement of **insulin sensitivity**, promoting better **insulin production**, and helping to regulate **blood sugar levels**; and lipid metabolism by lowering **cholesterol, triglycerides**, and LDL.

It supports **cardiovascular health** by optimizing the blood lipid profile and improving the **blood vessel** function thanks to the increase of flow-mediated dilation and reduction of carotid intima-media thickness.

Altlix supports **weight management** by reducing **body weight, BMI**, and **waist circumference**, while decreasing intracellular fat accumulation, inhibiting fat cell formation, and enhancing thermogenic markers.

Moreover, it promotes **liver health** by reducing the fatty liver index and hepatic enzymes, reflecting less liver fat and better liver function.

The activity of ALTILIX™ has been evaluated in a **randomized, double-blind, placebo-controlled clinical trial** carried out:

- on **100 volunteers** with metabolic syndrome
- treated with **150 mg/day of ALTILIX™**
- for **6 months**

Altlix vs Placebo
(%) after 6 months

GLUCOSE METABOLISM	HbA1c	-0,95%***
	HOMA-IR	-43,1%***
	HOMA-b	41,7%***
LIPID METABOLISM	Total Cholesterol	-19,59%***
	Triglycerides	-35,1%***
	LDL- Cholesterol	-24,79%***
CARDIOVASCULAR SUPPORT	Flow-mediated dilation (%)	10,55%***
	CIMT	-39,5%***
WEIGHT MANAGEMENT	Body weight	-2,4%***
	BMI	-2,4%***
	Waist Circunference	-2,76%***
	Fatty Liver Index	-21,8%***
	AST	-20,5%***
	ALT	-47,1%***

p value ≤0,005 and *p value ≤0,001