BERGAVIT™

FROM BERGAMOT JUICE, THE NATURAL SOLUTION FOR CARDIOVASCULAR HEALTH

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).

Everyone's body needs the right amount of cholesterol. The body gets cholesterol in two ways: 80% of it is made by the liver, and the rest comes from the food eaten. The amount of cholesterol in the bloodstream is important because of its role in various cardiovascular conditions. The risk of this is complex and depends not only on how much cholesterol but also on what kind of cholesterol you have in the blood. According to literature data, high levels of LDL are associated with a higher chance of cardiovascular problems; while high levels of HDL are associated with a lower chance.

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

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

Thanks to the high content of flavonoids, **BERGAVIT™** is involved on lipid metabolism helping the organism to maintain normal cholesterol levels in both Caucasian and Asian people; therefore **BERGAVIT™** may protect the cardiovascular system.

Benefits

- **SUPPORTS NORMAL CHOLESTEROL LEVEL**
- **VASCULAR SUPPORT**
- **IMPROVES LIPOPROTEIN PROFILE**

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. Bergamot juice is a co-product of essential oil production (essential oil is found in the peel).



FROM CO-PRODUCTS

ETHNICALLY INCLUSIVE

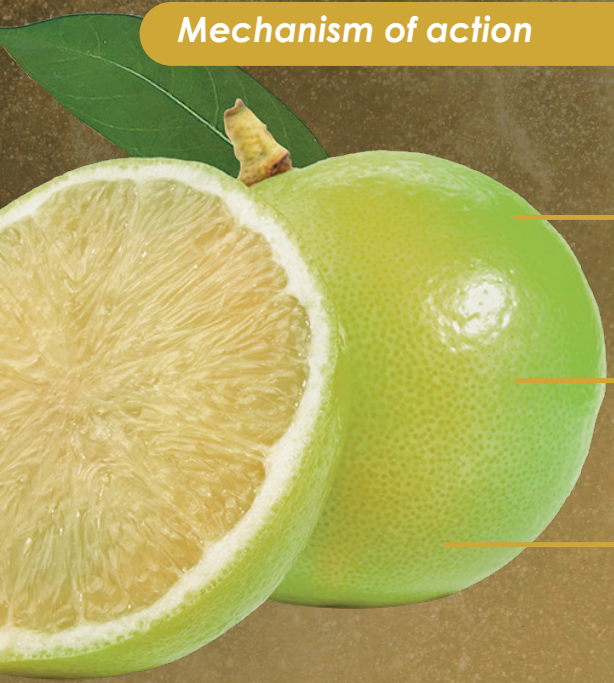
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BERGAVIT™

CLINICAL EVALUATION
OF **BERGAVIT™ EFFECT**

Mechanism of action

Clinically Proven



CONTROLS NORMAL BLOOD LIPID LEVELS
Starting from the second month of supplementation, Bergavit reduces total cholesterol, triglycerides, and LDL while increasing HDL, supporting a balanced lipid profile.

OPTIMIZES THE LIPOPROTEIN PROFILE AND OXIDATIVE BALANCE
It promotes the reduction of small dense LDL particles, and it helps in the protection against LDL oxidation, enhancing the natural activity of paraoxonase, an enzyme involved in oxidative balance. These physiological actions help maintain cardiovascular health.

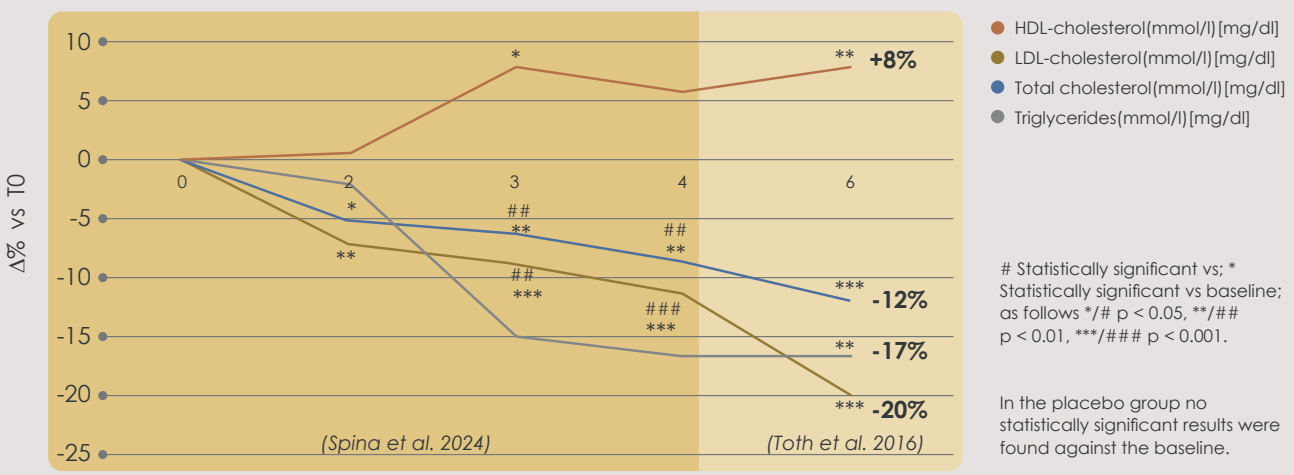
VASCULAR PROTECTION
It helps to decrease carotid intima-media thickness, reducing indirectly the risk of onset and chronicity of cardiovascular problems.

BERGAVIT™: Clinical Evidence Supporting Long-Term and Progressive Benefits in Caucasian and Asian people

Three clinical studies emphasize the **early onset of Bergavit's action** and its **consistent efficacy over time**, providing robust evidence of its physiological support for cardiovascular health with 150 mg of flavonoids from BERGAVIT™.

- **Randomized, Double-Blind, Placebo-Controlled Trial:** Conducted on 60 Caucasian participants, this study highlights Bergavit's effectiveness from as early as 2 months, with progressive and sustained results also observed at 3 and 4 months (Spina et al. 2024).
- **Prospective Study:** Conducted on 80 Caucasian participants, this study demonstrated significant improvements in lipid parameters, showcasing Bergavit's long-term benefits after 6 months (Toth et at. 2016)
- **Randomized, Double-Blind, Placebo-Controlled Trial:** Conducted on 108 Asian participants, this study confirms Bergavit's effectiveness even in a population with different genetic, dietary and lifestyle characteristics (Yu et al., 2026).

The progressive activity of Bergavit on blood lipid levels



Statistically significant vs; * Statistically significant vs baseline; as follows */# $p < 0.05$, **/## $p < 0.01$, ***/### $p < 0.001$.

In the placebo group no statistically significant results were found against the baseline.

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease