USING BERGAMOT TO COMBAT HEART DISEASE
INTRODUCTION

Cardiovascular diseases are the leading cause of death and disability world-wide according to the most recent data from the World Health Organization: over 17 million deaths each year, 31% of the total.

Although strokes and heart attacks are the principal triggers of these diseases, lifestyle habits such as smoking, poor nutrition, physical inactivity and alcohol abuse can provoke high blood pressure, an increase in blood glucose levels, weight gain and obesity, conditions that threaten the health of the heart. [1]

According to the American Heart Association, [2] high levels of cholesterol, triglycerides and LDLs are also associated with an increase in the incidence of atherosclerosis and coronary heart disease. They recommend prevention by adopting wholesale lifestyle changes and emphasize the importance of diet enrichment with a variety of nutrients.

BERGAMOT AND CARDIOVASCULAR HEALTH: VAZGUARD™

Nature once again is the source of valuable substances, which are effective in the prevention and in some cases in the control of certain conditions relating to cardiovascular health. Many scientific studies support the strong correlation between a diet rich in flavonoids and the reduction of cardiovascular risks. In particular, Citrus bergamia Risso et Poiteau, known commonly as bergamot, has shown an antioxidant and anti-radical action, arousing the interest of researchers.

One of the world’s most popular teas, Earl Grey is flavoured with Bergamot oil derived from Citrus bergamia Risso et Poiteau, a plant endemic to Calabria. The traditional use of bergamot has been rediscovered due to its natural and almost unique pattern of polyphenols, present in the juice, albedo and flavedo. Its unique composition has shown antioxidant, hypoglycemic and hypolipidic activity, with positive effects in regulating the metabolic syndrome and offsetting cardiovascular disorders. The exceptional properties of bergamot have led to it being called “green gold” and numerous studies show that it is a safe alternative for those who are intolerant to statins. [3-6]

This prized citrus fruit from Calabria has been used by Indena to develop Vazguard™ - created with the application of the food grade delivery system Phytosome® to a highly standardized extract of the polyphenolic fraction of bergamot, which optimizes the bioabsorption of polyphenols, usually characterized by poor solubility both in water and in organic solvents.

Vazguard™ is standardized to contain 11-19% of the total flavonones (HPLC) of bergamot and is supported by clinical data that certify and strengthen its safety and efficacy profile. After only 30 days of supplementation, Vazguard™ was effective in modulating total cholesterol (tCol), low-density lipoproteins (LDL), triglycerides (TG), high-density lipoproteins (HDL) and blood glucose. [7]

Another notable success story for our Indena researchers: Vazguard™ acts on all the parameters involved in cardiovascular prevention, a result that is usually achieved only with the use of a mix of natural or synthetic substances. This makes it a valuable aid in safeguarding and improving health.
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Vazguard™ is the Indena extract of bergamot (Citrus bergamia Risso et Poiteau, exclusively from plantations in Calabria) standardized to contain 11-19% of total bergamot flavonones using HPLC.

The recommended dose is 500mg twice a day and the Phytosome® delivery system optimizes the biological absorption of polyphenols, normally characterized by low solubility.

Clinical studies show that Vazguard™ is effective in modulating total cholesterol, HDL, LDL, triglycerides and glucose levels, through antioxidant, hypoglycemic and hypolipidemic action. These characteristics make it particularly suitable for use against metabolic syndrome and in any condition that might impair the maintenance of good cardiovascular health.

WHAT IS VAZGUARD™?

REFERENCES