

THE SHIELD AGAINST VISCERAL FAT



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

VAZGUARD[®]
BERGAMOT PHYTOSOME[®]

vazguard[®]

Please note this documentation is available for various countries all over the world and hence it may contain statements or product classification not applicable to your country. The claims made are in reference to ingredients only, hence they do not refer to finished products and they may not comply with Regulation EC n. 1924/2006. The marketer of any finished product containing any ingredient is responsible for assuring that the destination of the product and the claims made for the finished product are lawful and comply with all applicable laws and regulations of the country or countries in which the product is to be sold.

WHAT IS VAZGUARD®?

VAZGUARD® is a **standardized extract from Bergamot - *Citrus bergamia* Risso** et Poiteau (exclusively sourced from a specific part of Southern Italy) **in the Phytosome® form.**

SPECIFICATIONS

VAZGUARD® is standardized to contain **14-18% of total bergamot flavanones** by HPLC.

SUGGESTED USE AND DOSE

VAZGUARD® is a **light yellow powder** for use in **nutritional supplements formulations.**

Suggested dose: **500 mg twice a day - equivalent to a full glass of Bergamot juice.**

SCIENTIFIC EVIDENCE

VAZGUARD® is supported by:

- a **human pharmacokinetics**
- a randomized double-blind, placebo controlled **human efficacy study.**
- an investigation on intestinal microbiota

References

- Formisano C. et al., *J. Agric. Food Chem.* 2019, 67, 3159-3167;
- Di Donna L. et al., *J Nat Prod* 72:1352-1354.5 (2009)
- Mollace V. et al., *Endocrine Metabolic & Immune Disorders Drug Targets* 2019, 19, 136-143;
- Rondanelli M. et al., *Phytotherapy Res.* 2020, in press;
- Ramaschi G., et al., *J. Agric. Food Chem.* 2019, 67, 3159-3167
- Riva A. et al., *J Appl. Microb Res.* 2020, 3 (2), 45-51.

WHAT MAKES VAZGUARD® UNIQUE?

VAZGUARD® is the **Bergamot Polyphenolic Fraction (BPF) formulated with Phytosome® delivery system** (patent pending²) **to optimize the biological absorption of polyphenols**, which are normally characterized by poor solubility in both water and organic solvents.

The raw material is **sourced only from a very small and specific part of the southern Italian Calabria region**, and Indena extensively characterized it from the phytochemical point of view: **VAZGUARD® retains the same, unique phytochemical profile of the natural bergamot juice, its standardization in guaiacyl bioflavonoids is unique to Italian bergamot that outperforms all others Citrus flavonoids as antioxidants.**

VAZGUARD® proved to be **extremely effective in supporting health** in case of challenges related to metabolic syndrome - sustained by inner **abdominal fat** - like high blood sugar, fatty liver, abnormal cholesterol or triglyceride levels, **commonly associated to lack of physical activity, overweight, unhealthy diet and irregular life-style.**

In a randomized, double-blind, placebo controlled human study, **VAZGUARD®:**

- **significantly optimize abdominal fat by -12%** significant results could be observed **within 1 month;**
- the optimization of abdominal fat translated into a **global improvement of the glycolipidemic profile;**
- the **LDL/HDL cholesterol was significantly optimized;**
- exerted a significant **beneficial effect on insulin resistance parameters (HOMA)**, thus suggesting a beneficial effect on appetite control;
- the supplementation also supported the **normalization of liver function** as reflected by transaminases levels.

In a recent investigation, **VAZGUARD®** showed potential efficacy in **decreasing *Firmicutes* and *Bacteroidetes***, the intestinal microbiota associated with obesity, diabetes and cardiovascular risk.

