

THE SHIELD AGAINST VISCERAL FAT



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

VAZGUARD[®]
BERGAMOT PHYTOSOME

vazguard[®]

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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.

