

THE SHIELD AGAINST VISCERAL FAT



indena[®]
INDUSTRIA
DERIVATI
NATURALI

NUTRACEUTICAL

VAZGUARD[®]
BERGAMOT INDENA PHYTOSOME[™]

vazguard[®]

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WHAT IS VAZGUARD®?

VAZGUARD® is a **standardized extract** from **Bergamot** - *Citrus bergamia* Risso et Poiteau in the **Indena Phytosome™** form,

Bergamot, has been **endemic in the Mediterranean area** for several centuries and currently its production is **limited to the Calabria region in Southern Italy** where is traditionally considered as "the King of citrus fruits" and where it is **exclusively sourced by Indena**.

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 about a glass of bergamot juice.

References

¹ Formisano C. et al, J. Agric. Food Chem. 67, 3159-3167 (2019).

² Rondanelli M. et al., Phytotherapy Res, [2020].

³ Riva A. et al., J Appl.Microb Res., 3 (2), 45-51 (2020).

⁴ Indena data on file, manuscript in preparation.

WHAT MAKES VAZGUARD® UNIQUE?

VAZGUARD® is effective thanks to the power of its **unique mix of polyphenols, enhanced by Indena Phytosome™ proprietary technology**: in particular, flavonoids – found in bergamot – are **responsible for its higher antioxidant power** compared to other plants from the *Citrus* genus.

Notably, **VAZGUARD® shares the same phytochemical profile as bergamot juice**, a common edible fruit.¹

VAZGUARD® plays the role of a perfect metabolic health shield.

In a double-blind placebo-controlled study, **VAZGUARD®** could significantly optimize by -12% the visceral adipose tissue (VAT $p<0,0001$) in over 60 volunteers.²

- significant **results could be observed within 1 month**;

- the **optimization of VAT translated into a global improvement of the glycolipidemic** (glycemia and HOMA index) and **lipid profile** (total cholesterol, LDL, LDL/HDL ratio, Apo-B/Apo-A ratio);

- **positive modulation of body composition** related to parameters such as fat mass and body weight;

- the supplementation supported also the healthy **normalization of liver function** as reflected by transaminases;

All of this is **achieved with just 500 mg twice a day** – the same amount of polyphenols found in **about a glass of bergamot juice**.¹

VAZGUARD® is the **first bergamot ingredient with a scientifically demonstrated beneficial effects on human gut microbiota** as proven in an ex-vivo study.³

A very recent pre-clinical investigation has proven **VAZGUARD® to act as a GLP-1 modulator**, validating its potential role as a companion ingredient for subjects undergoing pharmacologic treatments.⁴



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