



NATUROPATHIC ESSENTIALS

CardioCare

RECOMMENDED USE

- Helps Support Healthy Total, LDL and HDL Cholesterol Levels
- Helps Maintain and Support Cardiovascular Health

Bergamot contains a powerful and unique array of cholesterol-balancing polyphenolic flavonoids. Emerging clinical research has demonstrated that bergamot extract helps maintain healthy total cholesterol (TC), high density lipoprotein (HDL), and low-density lipoprotein (LDL) levels.

Overview

Optimizing cardiovascular health is a leading concern for many adults, and maintaining balanced cholesterol levels are an important part of that process. Though cholesterol can be consumed through food, circulating cholesterol levels are primarily produced and controlled by the liver using the rate control enzyme, HMG-CoA reductase (HMGCR). Because of its pronounced role in cholesterol synthesis, inhibiting HMGCR has become a primary target of many traditional therapies.

Numerous clinical trials have shown the specific polyphenols found in Bergamot work at the level of the liver to help maintain and support healthy cholesterol levels and preserve coronary arteries.

History and Health Benefits

Bergamot (*Citrus bergamia*) is a citrus plant that grows almost exclusively in the narrow coastal Calabria region in southern Italy. The local population quickly discovered bergamot juice could be used to help support healthy cholesterol levels and maintain cardiovascular wellness.

Bergamot's health benefits derive from its unique profile of phenolic compounds such as, neoeriocitrin, neohesperidin, naringin, rutin, neodesmin, rhoifolin and poncirin. Neoeriocitrin and rutin have been found to exhibit a strong capacity to quench free radicals and maintain healthy LDL cholesterol levels. Also, bergamot is rich in brutieridin and melitidin.

Using a patented extraction technology through collaborative

works of various universities and research institutions, Bergamot contains Bergamonte® an industry-leading extract containing the albedo (the white rind material), typically removed during the extraction process, creating a bergamot extract that is true to the whole bergamot fruit.

Cholesterol-Balancing Properties

In a placebo-controlled, clinical trial consisting of 77 patients divided into four treatment groups, 1,000 mg of bergamot extract helped maintain healthy levels of all blood lipid markers (HDL, LDL, TC).¹ Also, this same clinical trial showed that bergamot extract reduced malondialdehyde production in neutrophils.¹ Another clinical trial conducted on 80 patients over six months showed 150 mg of bergamot extract maintained normal levels of small density LDL and supported normal carotid IMT thickness.² In a placebo-controlled study involving 238 patients, 1,000 mg of bergamot extract maintained healthy cholesterol levels and outperformed the group receiving the traditional therapy.³

Several other recently published placebo-controlled clinical trials have also documented that bergamot extract can help maintain antioxidant potential and healthy cholesterol levels.⁴⁻¹²

Recommended Dose

Adults: Take two capsules per day, before meals or as recommended by your health care professional. For use beyond 4 months, consult a health care practitioner.

Medicinal Ingredients (per capsule)

Bergamot orange (*Citrus bergamia*, Fruit)
(Bergamonte®) 500 mg (38% Bioflavonoids)

Non-Medicinal Ingredients

Hypromellose, Magnesium stearate, Silicon dioxide, Stearic acid, Microcrystalline cellulose.

Risk Information

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, and/or are taking prescription medication (as citrus bioflavonoids may alter the effectiveness of these medications.) Some people may experience acid reflux.

To be sure this product is right for you, always read and follow the label.

References

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*Research quoted are based on BPF by H&AD