

THE SHIELD AGAINST VISCERAL FAT



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

VAZGUARD[®]
BERGAMOT INDENA 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 Indena 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 Indena 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 guaiaacyl 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.



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