

# THE SHIELD AGAINST VISCERAL FAT



 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

## VAZGUARD<sup>®</sup>

BERGAMOT INDENA PHYTOSOME<sup>®</sup>

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**vazguard**<sup>®</sup>

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

## 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 pending<sup>2</sup>) 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.

[indena.com/us](https://www.indena.com/us)

