

Calabrian Bergamot, a new breakthrough in the dietary management of Cholesterol and Blood Sugar

As seen in the Daily Mail

In the heart of the beautiful Italian region of Calabria, a remarkable solution to the worldwide problem of high cholesterol is growing in the sun-drenched fruit orchards.

Citrus Bergamot is endemic to the Calabrian region of southern Italy, where the unique soil and climate combine to produce Bergamot juice with uniquely high concentrations of polyphenols. The benefits of this juice for the cardiovascular system were unknown for centuries, despite the fact that the bitter juice has been taken traditionally by locals as a general health tonic. Now, researchers at the University of Cantabria in Italy

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have discovered that Calabrian bergamot is a natural equivalent to statins. The researchers found that bergamot from this region differs from other citrus fruits, not only because of its unique flavonoids, but also because of their particularly high content. Polyphenols such as Naringin, Neohesperidin, Hesperidin and Melitidin have demonstrated a range of potential health benefits in clinical testing that are not found in any other citrus fruit. Citrus Aurantium is grown throughout the world, but it is the specific species Citrus Bergamota Risso (Bergamot) from Calabria Italy that contains these unique polyphenols. Dr Vincenzo Melillo, Professor in the faculty of pharmacology at the University of Cantabria said: “Bergamot contains extremely high amounts of polyphenols, as compared to other citrus species. Two of these, Hesperidin and Melitidin, directly inhibit cholesterol biosynthesis in a similar way to statins and they are not found in any other citrus derivatives.”

Since this discovery, research has continued including a trial of 200 patients with high levels of blood fats. The results showed that on average, ‘bad’

cholesterol (LDL) reduced by 35 per cent after a month of taking the extract and ‘good’ cholesterol increased by 41 per cent. Remarkably the bergamot extract also reduced blood sugar by 22 per cent without any major side effects.

Doctors who gave the extract to heart patients and diabetics claim significant benefits. Some of these patients have avoided taking statins, which may have side effects. Each tablet is made of the extract and pulp of bergamots grown on the coast of Calabria in Italy.

In separate research, a leading cardiologist in Australia is giving Calabrian Bergamot (Bergamot) to more than 700 patients, some of whom have avoided the need for statins, while others are on a reduced statin dose but are still seeing major reductions in harmful cholesterol, but with the added benefit of protection from diabetes because their blood sugars are regulated. Dr Ross Walker, of Sydney Adventist Hospital and in private practice in Sydney, said: “I have found in all of my patients who were overweight, there has been abdominal fat loss with Calabrian Bergamot. It is not as powerful as statins at lowering cholesterol and if you have had a heart attack, vascular disease or have a high family risk, then statins are what you should have, but statins do not suit everybody and Bergamot has the added advantage of lowering blood sugar. Plus, we have seen a significant reduction in arterial stiffness with the bergamot extract, which is helpful in protecting against arterial disease. In some patients I have halved the dose of statins they are on because of the extract. This is a safe, natural product for combating high cholesterol and metabolic syndrome which is showing very promising results, remarkably with no significant side effects. Calabrian Bergamot blocks the same enzymes responsible for cholesterol production as statins, but works at a different site on the enzyme, meaning it does not appear to have side effects in the muscles and the liver. It also has a direct effect on cell membranes so that sugar is able to enter the cells of the body and insulin resistance and metabolic syndrome are reduced. DR

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Citrus Bergamot is endemic to the Calabrian region of southern Italy. It has been used traditionally by locals for decades to support and promote the health of the cardiovascular system. Calabrian Bergamot differs from other citrus fruits not only because of its unique flavonoids, but also due to their very high concentrations. Clinical trials have shown that the ingredients in BergaMet may support a healthy cardiovascular system*

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