

# IL FRUTTO della salute



*... the enemy  
of cholesterol*

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Produttori di Bergamotto

**Bergamot** juice however is used in gastronomy and the confectionery industry for the preparation of fresh and dry pastries, sweets, candied peel, ice-cream and sorbets as well as in soft drinks, cocktails, tea and liqueurs.

More recently, thanks to the studies conducted by Professor Giovanni Sindona and his team, which has led to the issue of a patent by the university of Calabria, published on the most important scientific journals, they have succeeded in isolating **active ingredients** that can be found only in the bergamot juice which **inhibit the production of cholesterol in blood**, thus determining a reduction in the overall cholesterol level, the triglycerides and carbo-

hydrates, providing beneficial effects also in the fight against diabetes. Recent studies revealed that people with a high cholesterol level had seen their level of LDL (Low Density Lipoprotein), triglycerides and glycaemia reduced respectively by 38%, 42% and 25% after 30 days they were administered one or more portions of 50ml bergamot juice.

Bergamot is so effective because it is a powerful antioxidant that protects cells from free radicals. Within its stalk there is a high concentration of flavonoids that block the enzyme which is the main cause of cholesterol. There are no contraindications and so far no side-effects have been noticed.