



## Background Information

### The Original Organic Bergamot Juices



The natural way to better health



We are a Melbourne-based company specialising in Bergamot products. Established in 2018, we source the very highest quality Bergamot products directly from growers and producers located on the Ionian Coast of Calabria in Italy, where Bergamot trees flourish.

We regularly visit these growers and producers in Southern Italy to learn more about the Bergamot fruit that has been organically farmed there for over four generations.

We have developed excellent relationships with the processors/bottlers of the juice and work closely with them to ensure consistently high quality.

We have also collaborated to develop **Bergamot and Wild Blueberry Juice**, which incorporates technical innovations within the processing to ensure the juice and particles stay in a natural suspension, without separating.

**Our products are unique to the Australian market** – imported exclusively and directly through Bergamot Australia. They are predominantly sold through independent health food stores, greengrocers and delicatessens.

Our commitment to everyone seeking to improve their health is to provide full information about the many health benefits of products featuring the Bergamot fruit.

Our two juices have a suggested optimal consumption of 100mL per day, so this equates to 10 days supply for each 1L bottle.

Both juices are **Certified Organic**, containing no added sugar or preservatives.



Our **Original Organic Bergamot Juice** is made from organically grown 100% Bergamot (Citrus Bergamia) juice, which is cold pressed, bottled and pasteurised at the source in Calabria, without anything added. This ensures freshness and quality – clearly reflected in the intensity of flavour.

Bergamot – Citrus Bergamia Risso – is a citrus fruit that looks like an orange but has the brilliant yellow colouring of a lemon. It has a tart citrus taste, slightly reminiscent of a grapefruit. It has the highest percentage content of Vitamin C from over 40 species of citrus fruits.

Bergamot Juice has a unique profile of flavonoids containing flavanones and flavones – this has attracted a very high level of attention by medical researchers. They have discovered there is a direct and highly beneficial correlation between these flavonoids and our **cardiovascular health** – especially an ability to lower levels of cholesterol in much the same way as pharmaceutical statins.

For the new variety we have just introduced, we carefully selected and blended organic wild blueberry juice with our organic Bergamot juice.

Wild blueberries feature very high levels of antioxidants and anthocyanins, vitamins C and K, plus Manganese. According to a 2004 study, wild blueberries were found to have **almost 50% more antioxidants** than cultivated varieties.

Recent research studies have shown that – in a very similar way to Bergamot – blueberries can assist with lowering cholesterol and blood pressure, blood sugar management, and the lowering of certain cardiometabolic health parameters, such as triglycerides.

It has been shown that Bergamot juice contains exceptionally large amounts of several unique polyphenols – a natural compound best known for exhibiting an antioxidant effect. Polyphenols can help to protect against cardiovascular disease, bone loss, diabetes, and other degenerative disorders.

Researchers are actively investigating all the properties of Bergamot – finding that polyphenols are very potent antioxidants that can protect against tissue damage by free radicals in the body, especially within arteries and blood vessels.

It appears that Bergamot may be able to assist in keeping arteries healthy and keeping blood pressure down, as well as helping to reduce blood sugar levels. The full spectrum of benefits and advantages within Bergamot Juice are still being discovered ...

Bergamot has also demonstrated an ability to reduce triglycerides and LDL cholesterol, whilst raising protective HDL cholesterol.

In summary –

*Bergamot Juice may help to:*

- maintain **blood pressure**
- lower **blood glucose levels**
- lower **cholesterol**
- maintain **healthy arteries**

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