

## Jay Williams, PhD's Blog

- **Potent Cholesterol-Lowering Properties Found in Italian Citrus Fruit**

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It is well known that cholesterol-lowering medications, commonly known as statins, have a long list of side-effects including muscle pain, memory loss, weakness, difficulty sleeping, and drowsiness. Finding a natural and safe cholesterol reducing alternative is a topic of increased interest in the health and research world. A recent [Wall Street Journal](#) investigation into the clinical effectiveness of extracts from an Italian Citrus fruit known as [Calabrian bergamot](#) on lowering blood cholesterol revealed several striking facts. According to recent research studies, high dose, high concentrations of the bergamot plant have been validated as effective in lowering blood cholesterol. There is now evidence pointing to levels of 38% Bergamot Polyphenol Fraction (BPF) being effective cholesterol reducers with minimal side effects.



The WSJ story cited research led by [Professor Vincenzo Mollace](#) of the University of Catanzaro which demonstrated the effectiveness of BPF to improve all lipoprotein particles while lowering blood sugar and dangerous abdominal fat.

The research demonstrated that a combination of [BergaMet™](#) with a statin allows a physician to lower the dose of the drug while achieving better cholesterol levels and improving overall metabolism and vessel health.

Additionally, recent peer reviewed research published in the [International Journal of Cardiology](#) and the [Journal of Metabolic Syndrome](#) revealed that high dosages of 38% BPF causes striking decreases of all risk factors (waistline circumference, blood pressure, bad cholesterol, triglycerides and blood sugar) involved with the metabolic syndrome...a dangerous condition currently affecting 35% of Americans.

At the 2014 annual meeting of the American College of Gastroenterologists, [Dr. James Ehrlich](#) presented [data](#) proving that 38% BPF significantly improved liver structure and function in patients with both metabolic syndrome and fatty liver disease. The study involved authors from 3 continents and was published in *Advances in Biological Chemistry*. According to Dr. Ehrlich (recipient of the "ambassador of research award" by the Academy of Bergamotto), "Bergamot's effect on this potentially dangerous liver condition is unmatched by any drug or supplement. Recognizing the credibility associated with FDA approval, Ehrlich continues "since there are no drugs approved for the epidemic of nonalcoholic fatty liver disease and our results with 38% BPF is so important, we are planning to proceed through rigorous FDA trials to create a drug from our patented extract of bergamot."

Over the past 4 years, Australian cardiologist [Dr. Ross Walker](#) has treated over 4000 patients with 38% BPF ." It has been so gratifying to witness 1000s of my patients getting superb results. So many of my patients get side effects from drugs or prefer a more natural approach. I either use 38% BPF alone or combine it with lower dose statins depending on the clinical situation."

Dr. Walker continues that the high dose 38% BPF may be the most important nutritional product created in the last 30-50 years. "I know of no other supplement or drug that can match its value in addressing so many risk factors contributing to heart disease and diabetes".