

## Help Your Heart And More

(NAPSA)—Although heart disease is the cause of one in four deaths in America today, you don't have to be a part of those statistics.

### A Fruitful Solution

A simple citrus fruit, bergamot, can help. It contains antioxidants to protect cells from oxidative stress and neutralize free radicals. Research on bergamot extract published in peer-reviewed journals showed:



**A natural extract of the citrus fruit bergamot can be good for your heart and health.**

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- Reductions in total cholesterol of approximately 30 percent;
- Reductions in LDL (bad) cholesterol of 38 percent;
- Reductions in triglycerides of up to 40 percent;
- Increases in HDL (good) cholesterol of up to 42 percent;
- Reductions in blood sugar of between 20 and 30 percent.

Although bitter in taste, the patented extract of the fruit makes it easier to take and helps target cholesterol, blood pressure, blood glucose and abdominal obesity, the major components of metabolic syndrome, also known as prediabetes. This affects about 35 percent of the U.S. population, according to the Centers for Disease Control and Prevention.

Called BergaMet MEGA, this all-natural dietary supplement also helps support weight management when paired with a healthy diet and exercise.

Explained cardiologist Ross Walker, M.D., "We're talking about 'diabesity,' which represents all of the problems of metabolic syndrome rolled into one. The multiple properties of the bergamot fruit allow it to work at many levels in cardiovascular prevention."

According to one cardiologist, who purchased 450 bottles of BergaMet Pro, he is seeing benefits in lipid levels and significant weight loss in just seven weeks.

### Learn More

You can find further facts and order a supply at [www.bergamet.com](http://www.bergamet.com) and (855) 556-2131.