

Notes based from a lecture for Kenzen Bergisterol
–delivered by Dave Balzer (Orlando, FL - May 2011)

Kenzen Bergisterol is a new nutritional product that has some extraordinary effects because of its primary ingredient, the juice of the bitter orange. This is an Italian extract taken from the Citrus bergamia, the Bergamot orange. The crucial therapeutic element is citrus bergamia risso.

Very strong clinical studies looking at various blood parameters indicate that bergamia extract is an astonishing balancer of blood chemistries. It offers powerful support for cardiovascular health and helps cholesterol levels maintain their appropriate range.

The functional ingredients are made from the citrus bergamia risso, which are an exclusive strength of this bergamia group. Google Bergama, and you can find little capsules which contain some Bergama powder, and I would say that the powder in the capsules have a positive yet marginal affect on blood chemistries.

Studies have shown that the juice, the liquid form (and which we are the only ones that have it!) significantly outperforms any of the pills or capsules. It outperforms any of the things you will find at GNC or wherever else. You cannot get the impact of the citrus bergamia risso without taking its natural liquid form.

Liquid form not only means that it is more bio-available, but it also means it has been processed less. It's been roughed up less; it's been inactivated less.

Cholesterol is a key component for life and not all cholesterol is bad, you need cholesterol. There's good cholesterol and there's bad cholesterol, and Kenzen Bergisterol is a product that impacts cholesterol, it will enhance the good cholesterol and minimize the bad cholesterol.

Triglycerides are fatty acids that circulate in your blood. Triglycerides and glucose fuels every physiological function, but the levels need to remain constant and even. Glucose becomes more and more of a challenge to maintain and balance as we get older. Spikes must be avoided; we don't want our glucose levels shooting up and down.

Blood pressure is another critical parameter. Your heart rate, how fast your heart is pumping is a direct function of blood pressure and how much blood volume you have. These factors impact the net pressure, as does resistance. If you have a lot of plaque, if your arteries are hard, they are much more resistant and less compliant, and so your blood pressure is going to go up. All of these factors come into play, and so they are very important to control. Again, the key parameters in the blood chemistry and physiological characteristics are cholesterol, triglycerides, glucose, blood pressure. These are the essential indicators of overall cardiovascular health.

Citrus bergamia risso is a convenient low calorie formulation. It contains additional vitamin C because in the clinical studies there appears to be a synergy between available vitamin C and the bergamot fruit. Kenzen Bergisterol is formulated only from natural ingredients, and I would love to say its organic, but the orchards that are growing

the citrus bergamia risso are still undergoing organic certification right now, but they are grown without synthetic fertilizers, without pesticides or herbicides or any of the nasties. It's concentrated and standardized to support your heart health and your cardiovascular health.

Special ingredients using citrus bergamia Risso grown only in Calabria region of Italy where the climatic conditions are perfect contain sufficient amount of plant sterols and that's the magic that's doing this balancing act and this is what's helping your cardiovascular health.

For those of you who love grapefruit juice you'll be happy. For those of you who think that grapefruit juice is a little bitter, it'll be a little bitter! You can mix it with your orange juice; you can mix it with your greenzymes or anything cold and disguise the flavor.

Again, these are the ingredients: Bergamia - 500 milligrams per serving per ounce. It has vitamin C - 50 milligrams per ounce. The organic agave nectar is the sweetener, additionally, some organic black current, organic clementine, organic carrot juice. Those are in for color and taste because I can tell you that the bergamia fruit and citrus bergamia risso is a little bitter.

All natural, no artificial ingredients, no artificial sweeteners, no artificial colors, no preservatives and no GMOs. One ounce a day is what you need, but for the first 30 days we suggest that you do a double dose and then after that one ounce a day is good.

Consultant cost is \$59 (\$74.00 Retail) for a 2-pack & \$106.20 (\$133.00 Retail) for 2X2-pack) see www.mynikken.com for more info.