

## **Bergamonte Published Human Clinicals**

### **1. Hypolipemic and hypoglycaemic activity of bergamot polyphenols: From animal models to human studies**

Fitoterapia Volume 82, Issue 3, April 2011, Pages 309-316

Vincenzo Mollace, Iolanda Sacco, Elzbieta Janda, Claudio Malara, Domenica Ventrice, Carmen Colica, Valeria Visalli, Saverio Muscoli, Salvatore Ragusa, Carolina Muscoli, Domenicantonio Rotiroti, Franco Romeo

<https://www.sciencedirect.com/science/article/abs/pii/S0367326X10002777?via%3Dihub>

### **2. Bergamot polyphenolic fraction enhances rosuvastatin-induced effect on LDLcholesterol, LOX-1 expression and Protein Kinase B phosphorylation in patients with hyperlipidemia**

International Journal of Cardiology November 14, 2013

Micaela Gliozzi, Ross Walker, Saverio Muscoli, Cristiana Vitale, Santo Gratteri, Cristina Carresi, Vincenzo Musolino, Vanessa Russo, Elzbieta Janda, Salvatore Ragusa, Antonio Aloe, Ernesto Palma, Carolina Muscoli, Franco Romeo and, Vincenzo Mollace

[https://www.internationaljournalofcardiology.com/article/S0167-5273\(13\)01708-7/fulltext](https://www.internationaljournalofcardiology.com/article/S0167-5273(13)01708-7/fulltext)

### **3. The Effect of Bergamot-Derived Polyphenolic Fraction on LDL Small Dense Particles and Non Alcoholic Fatty Liver Disease in Patients with Metabolic Syndrome**

Advances in Biological Chemistry Jan 2014

Micaela Gliozzi, Cristina Carresi, Vincenzo Musolino, Ernesto Palma, Carolina Muscoli, Cristiana Vitale, Santo Gratteri, Giuseppe Muscianisi, Elzbieta Janda, Saverio Muscoli, Francesco Romeo, Salvatore Ragusa, Rocco Mollace, Ross Walker, James Ehrlich, Vincenzo Mollace\*

[https://www.researchgate.net/publication/275990261\\_The\\_Effect\\_of\\_Bergamot-Derived\\_Polyphenolic\\_Fraction\\_on\\_LDL\\_Small\\_Dense\\_Particles\\_and\\_Non\\_Alcoholic\\_Fatty\\_Liver\\_Disease\\_in\\_Patients\\_with\\_Metabolic\\_Syndrome#:~:text=In%20conclusion%2C%20our%20data%20confirm,derivatives%20in%20reducing%20cardiometabolic%20risk.](https://www.researchgate.net/publication/275990261_The_Effect_of_Bergamot-Derived_Polyphenolic_Fraction_on_LDL_Small_Dense_Particles_and_Non_Alcoholic_Fatty_Liver_Disease_in_Patients_with_Metabolic_Syndrome#:~:text=In%20conclusion%2C%20our%20data%20confirm,derivatives%20in%20reducing%20cardiometabolic%20risk.)

### **4. Atherogenic Index Reduction and Weight Loss in Metabolic Syndrome Patients Treated with A Novel Pectin-Enriched Formulation of Bergamot Polyphenols**

Nutrients 2019, 11, 1271

Antonio Soccorso Capomolla, Elzbieta Janda, Sara Paone, Maddalena Parafati, Tomasz Sawicki, Rocco Mollace, Salvatore Ragusa and Vincenzo Mollace

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627641/>

### **5. Synergistic in vitro antioxidant activity and observational clinical trial of F105, a phytochemical formulation including Citrus bergamia, in subjects with moderate cardiometabolic risk factors**

Canadian Journal of Physiology and Pharmacology Volume 94, Number 12, December 2016

John G. Babish, Clinton J. Dahlberg, Joseph J. Ou, William J. Keller, Wei Gao, Mohan R. Kaadige, Holly Brabazon, Joseph Lamb, Haní C. Soudah, Xiaolan Kou, Zhe Zhang, Linda M. Pacioretty, and Matthew L. Tripp

<https://www.nrcresearchpress.com/doi/full/10.1139/cjpp-2016-0062#.XxG7nShKgDU>

### **6. A 13-week low glycemic load diet and lifestyle modification program combining low glycemic load protein shakes and targeted nutraceuticals improved weight loss and cardio-metabolic risk factors**

Canadian Journal of Physiology and Pharmacology Volume 95, Number 12, December 2017  
Clinton J. Dahlberg, Joseph J. Ou, John G. Babish, Joseph J. Lamb, Sarah Eliason, Holly Brabazon,  
Wei Gao, Mohan R. Kaadige, and Matthew L. Tripp  
<https://www.nrcresearchpress.com/doi/full/10.1139/cjpp-2016-0704?src=recsys#.XxG8jShKgdU>

**7. Effects of 12-week supplementation of Citrus bergamia extracts-based formulation CitriCholes on cholesterol and body weight in older adults with dyslipidemia: a randomized, double-blind, placebo controlled trial**

Lipids in Health & Disease 2017 Dec 22;16(1):251.  
Yong Cai, Guoqiang Xing, Tian Shen, Shuxian Zhang, Jianyu Rao and Rong  
<https://pubmed.ncbi.nlm.nih.gov/29273027/>

**8. Three-arm, placebo-controlled, randomized clinical trial evaluating the metabolic effect of a combined nutraceutical containing a bergamot standardized flavonoid extract in dyslipidemic overweight subjects**

Phytotherapy Research Aug 2019 Volume33, Issue8  
Arrigo Francesco Giuseppe Cicero, Federica Fogacci, Marilisa Bove, Marina Giovannini, Claudio Borghi  
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/ptr.6402>

**9. Low-Dose of Bergamot-Derived Polyphenolic Fraction (BPF) Did Not Improve Metabolic Parameters in Second Generation Antipsychotics-Treated Patients: Results from a 60-days Open-Label Study**

Frontier Pharmacology . 2017 Apr 11;8:197.  
Antonio Bruno, Gianluca Pandolfo, Manuela Crucitti, Massimo Cacciola, Vincenza Santoro, Edoardo Spina, Rocco A. Zoccali and Maria R. A. Muscatello  
<https://pubmed.ncbi.nlm.nih.gov/28443024/>

**10. Bergamot Polyphenolic Fraction Supplementation Improves Cognitive Functioning in Schizophrenia. Data From an 8-Week, Open-Label Pilot Study**

Journal of Clinical Psychopharmacology: August 2017 - Volume 37 - Issue 4 - p 468-471  
Antonio Bruno, MD, PhD, Gianluca Pandolfo, MD, PhD, Manuela Crucitti, MD, Clemente Cedro, MD, PhD, Rocco Antonio Zoccali, MD, and Maria Rosaria Anna Muscatello, MD, PhD  
[https://journals.lww.com/psychopharmacology/Abstract/2017/08000/Bergamot\\_Polyphenolic\\_Fraction\\_Supplementation.17.aspx](https://journals.lww.com/psychopharmacology/Abstract/2017/08000/Bergamot_Polyphenolic_Fraction_Supplementation.17.aspx)

**11. The Hepatic Effects of Citrus Bergamot Polyphenol Fraction (BPF) on Patients with Non-alcoholic Fatty Liver Disease and Metabolic Syndrome**

Journal of Clinical Lipidology, Vol 9, No 3, June 2015  
James E. Ehrlich, MD Michaela Gliozzi, PhD Elzbieta Janda, PhD Ross Walker, MD Vincenzo Mollace, MD, PhD  
[https://www.lipidjournal.com/article/S1933-2874\(15\)00171-3/pdf](https://www.lipidjournal.com/article/S1933-2874(15)00171-3/pdf)

**12. Citrus Bergamot Improves Atherogenic Lipoprotein Particle Characteristics in Patients With Non-alcoholic Fatty Liver Disease and Metabolic Syndrome**

Journal of Clinical Lipidology, Vol 9, No 3, June 2015  
James E. Ehrlich, MD Michaela Gliozzi, PhD Elzbieta Janda, PhD Ross Walker, MD Vincenzo Mollace, MD, PhD  
[https://www.lipidjournal.com/article/S1933-2874\(15\)00186-5/pdf](https://www.lipidjournal.com/article/S1933-2874(15)00186-5/pdf)

## **Review Papers for Cholesterol, Metabolic Syndrome, NAFLD**

### **1. Clinical application of bergamot (*Citrus bergamia*) for reducing high cholesterol and cardiovascular disease markers**

Integr Food Nutr Metab. 2019 Mar; 6(2) Mirielle C Nauman and Jeremy J Johnson  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6497409/>

### **2. The Role of Nutraceuticals in Statin Intolerant Patients**

J Am Coll Cardiol. 2018 Jul, 72 (1) 96–118. Maciej Banach, MD, PHD, Angelo Maria Patti, MD, Rosaria Vincenza Giglio, BS, Arrigo F.G. Cicero, MD, PHD  
Atanas G. Atanasov, PHD Gani Bajraktari, MD, PHD, Eric Bruckert, MD, PHD, Olivier Descamps, MD, PHD,,  
<https://www.onlinejacc.org/content/72/1/96#:~:text=Nutraceuticals%20can%20be%20natural%20alteratives,blood%20pressure%2C%20inflammation%2C%20and%20oxidative>

### **3. Bergamot Polyphenols: Pleiotropic Players in the Treatment of Metabolic Syndrome**

J Metabolic Syndrome. Volume 3 Issue 2. Micaela Gliozzi, Ross Walker and Vincenzo Mollace  
<https://www.hilarispublisher.com/open-access/bergamot-polyphenols-pleiotropic-players-in-the-treatment-2167-0943.1000143.pdf>

## **In-Vitro In-Vivo Research**

### **1. Anti-inflammatory and Antioxidant Effects of Flavonoid-Rich Fraction of Bergamot Juice (BJe) in a Mouse Model of Intestinal Ischemia/Reperfusion Injury**

Frontier Pharmacology, 15 July 2016. Daniela Impellizzeri, Marika Cordaro, Michela Campolo, Enrico Gugliandolo, Emanuela Esposito, Filippo Benedetto, Salvatore Cuzzocrea, and Michele Navarra  
<https://www.frontiersin.org/articles/10.3389/fphar.2016.00203/full>

### **2. Anti-oxidant effect of bergamot polyphenolic fraction counteracts doxorubicin-induced cardiomyopathy: Role of autophagy and $ckit^{pos}$ $CD45^{neg}$ $CD31^{neg}$ cardiac stem cell activation**

Cristina Carresi, Vincenzo Musolino, Micaela Gliozzi, Jessica Maiuolo, Rocco Mollace, Saverio Nucera, Alessia Maretta, Domenico Sergi, Saverio Muscoli, Santo Gratteri, Ernesto Palma, Francesca Bosco, Caterina Giacotta, Carolina Muscoli, Fabiola Marino, Iolanda Aquila, Daniele Torella, Franco Romeo, Vincenzo Mollace  
[https://www.jmmc-online.com/article/S0022-2828\(18\)30108-1/fulltext](https://www.jmmc-online.com/article/S0022-2828(18)30108-1/fulltext)

### **3. Qualitative and quantitative analysis of the Proautophagic activity of Citrus flavonoids from Bergamot Polyphenol Fraction**

Data in Brief Volume 19, August 2018, Pages 1327-1334. Elzbieta Janda, Raffaele Salerno, Concetta Martino, Antonella Lascala, Daniele LaRussa, Manuela Oliverio  
<https://www.sciencedirect.com/science/article/pii/S2352340918306450>

### **4. Bergamot Polyphenols Boost Therapeutic Effects of the Diet on Non-Alcoholic Steatohepatitis (NASH) Induced by “Junk Food”: Evidence for Anti-Inflammatory Activity**

Nutrients. 2018 Nov; 10(11): 1604. Maddalena Parafati, Antonella Lascala, Daniele La Russa, Chiara Mignogna, Francesca Trimboli, Valeria Maria Morittu, Concetta Riillo, Rachele Macirella, Vincenzo Mollace, Elvira Brunelli and Elzbieta Janda  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6267059/>

## **5. Treatment With a Flavonoid-Rich Fraction of Bergamot Juice Improved Lipopolysaccharide-Induced Periodontitis in Rats**

Front Pharmacol. 2018; 9: 1563. Enrico Gugliandolo, Roberta Fusco, Ramona D'Amico, Matteo Peditto, Giacomo Oteri, Rosanna Di Paola, Salvatore Cuzzocrea and Michele Navarra  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6345201/>

## **6. Efficacy of bergamot: From anti-inflammatory and anti-oxidative mechanisms to clinical applications as preventive agent for cardiovascular morbidity, skin diseases, and mood alterations**

Food Sci Nutr. 2019 Feb; 7(2): 369–384. Simone Perna Daniele Spadaccini Leonardo Botteri Carolina Girometta, Antonella Riva Pietro Allegrini Giovanna Petrangolini Vittoria Infantino, Mariangela Rondanelli  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6392855/>

## **7. Oxidative Imbalance and Kidney Damage in Cafeteria Diet-Induced Rat Model of Metabolic Syndrome: Effect of Bergamot Polyphenolic Fraction**

Antioxidants (Basel). 2019 Mar; 8(3): 66. Daniele La Russa, Francesca Giordano, Alessandro Marrone, Maddalena Parafati, Elzbieta Janda and Daniela Pellegrino  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6466566/>

## **8. The effect of bergamot polyphenolic fraction on lipid transfer protein system and vascular oxidative stress in a rat model of hyperlipemia**

I. Lipids in Health and Disease (2019) 18:115 Vincenzo Musolino, Micaela Gliozzi, Saverio Nucera, Cristina Carresi, Jessica Maiuolo, Rocco Mollace, Sara Paone, Francesca Bosco, Federica Scarano, Miriam Scicchitano, Stefano Ruga, Maria Caterina Zito, Carmen Colica, Roberta Macrì, Ernesto Palma, Salvatore Ragusa, Carolina Muscoli and Vincenzo Mollace  
<https://lipidworld.biomedcentral.com/track/pdf/10.1186/s12944-019-1061-0>

## **9. Antioxidant and Antisenescence Effects of Bergamot Juice**

Oxid Med Cell Longev. 2018; 2018: 9395804. Eleonora Da Pozzo, Marinella De Leo, Immacolata Faraone, Luigi Milella, Chiara Cavallini, Eugenia Piragine, Lara Testai, Vincenzo Calderone, Luisa Pistelli, Alessandra Braca, and Claudia Martini  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6079356/>

## **10. Bergamot natural products eradicate cancer stem cells (CSCs) by targeting mevalonate, Rho-GDI-signaling and mitochondrial metabolism**

Biochimica et Biophysica Acta (BBA) – Bioenergetics Volume 1859, Issue 9, September 2018, Pages 984-996 Marco Fiorillo, Maria Peiris-Pagès, Rosa Sanchez-Alvarez, Lucia Bartella, Leonardo Di Donna, Vincenza Dolce, Giovanni Sindona, Federica Sotgia, Anna Rita Cappello, Michael P. Lisanti  
<https://www.sciencedirect.com/science/article/pii/S0005272818300616?via%3Dihub>

## **11. Inhibition of Spinal Oxidative Stress by Bergamot Polyphenolic Fraction Attenuates the Development of Morphine Induced Tolerance and Hyperalgesia in Mice**

PLoS One. 2016; 11(5): e0156039. Filomena Lauro, Luigino Antonio Giancotti, Sara Ilari, Concetta Dagostino, Micaela Gliozzi, Chiara Morabito, Valentina Malafoglia, William Raffaeli, Maurizio Muraca, Bianca M. Goffredo, Vincenzo Mollace, Carolina Muscoli  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4881894/>

### **12. Anti-inflammatory and Antioxidant Effects of Flavonoid-Rich Fraction of Bergamot Juice (BJe) in a Mouse Model of Intestinal Ischemia/Reperfusion Injury**

Front Pharmacol. 2016; 7: 203. Daniela Impellizzeri, Marika Cordaro, Michela Campolo, Enrico Gugliandolo, Emanuela Esposito, Filippo Benedetto, Salvatore Cuzzocrea and Michele Navarra  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4945634/>

### **13. Apigenin and Luteolin Regulate Autophagy by Targeting NRH-Quinone Oxidoreductase 2 in Liver Cells**

Antioxidants 2021, 10, 776. Elzbieta Janda, Concetta Martino, Concetta Riillo, Maddalena Parafati, Antonella Lascalea, Vincenzo Mollace, and Jean A. Boutin  
<https://doi.org/10.3390/antiox10050776>