

# Kalita™

## Take control of Metabolic Wellness

Metabolic health is a catchall term for a number of health indicators and parameters including **lipid imbalance, glucose metabolism, blood pressure and obesity**. Collectively, imbalances in these health indicators lead to poor cardiometabolic outcomes.

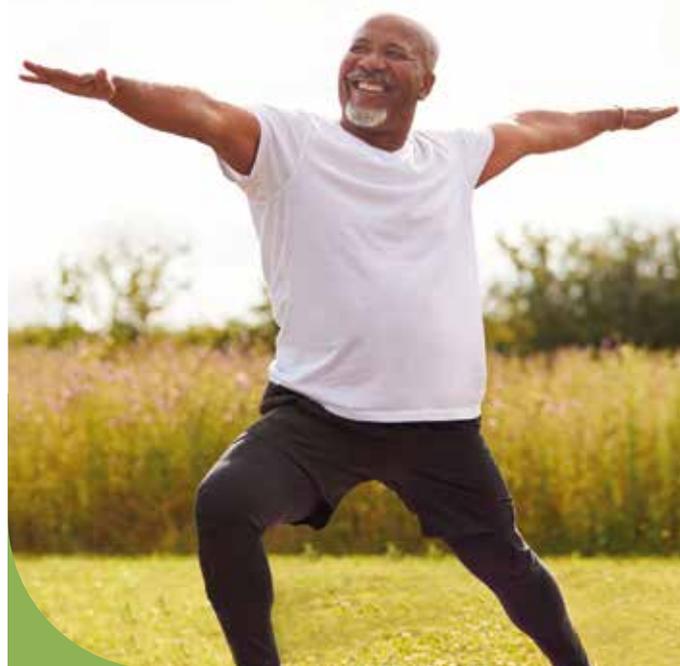
### A holistic approach to cardiometabolic health

**An efficient cardiovascular system is key to maintaining health and general well-being.** In this regard, modern consumers are taking charge of their health more than ever before. Recently, we are seeing more of a proactive and preventative approach to health, and that includes cardiometabolic health.

- **For older adults**, the focus is on the specific cardiovascular outcomes routinely measured in the standard clinical research.
- **For younger adults**, the focus is more on overall health and lifestyle to ensure this area of health is supported well before problems arise.



Healthy diet and regular exercise are the staple to maintain overall metabolic wellness but on-the-go supplement formulations such as gummies, beverages, bars, and pills may fulfill the demand for convenience.



With the goal to meet consumer demand for green and health promoting ingredients, **Giellepi developed Kalita™**, a Bergamot fruit extract that address multiple factors associated with cardiovascular health.

**Kalita™ is designed to support key markers of cardiovascular health**, including but not limited to endothelial function, lipid, glucose and liver markers, inflammatory response and abdominal fat.

## Overview

Kalita™ is a 100% natural ingredient that delivers multiple cardiovascular and metabolic health benefits. **It's derived from the whole fruit of bergamot (*Citrus bergamia Risso*),** a rare citrus fruit which grows almost exclusively in the Calabrian region of Southern Italy due to the special characteristics of its Mediterranean microclimate.

Bergamot has been used for decades by locals as a remedy for overall cardiovascular health thanks to its **unique and powerful natural compounds that cannot be found in other citrus fruits.**



## Composition

Thanks to a patented, solvent-free extraction process, Kalita™'s unique fingerprint composition consistently provides the full spectrum of key compounds found in citrus bergamot that are responsible of its biological activity of which soluble fibres (e.g. pectins and polysaccharides), amino acids derivatives (e.g. betaine) and flavonoids (e.g. neoeriocitrine, neohesperidin, narigin, melitidin, brutieridin) are the most abundant.

### Recommended daily dosage: 350 mg – 700 mg

Kalita™ is a water dispersible powder that can be used in a wide range of applications including tablets, capsules, ready to mix powders, liquids, gummies and bars.

## Mechanism of action and science

**Kalita™ is a master regulator of metabolic pathways that regulates healthy lipid metabolism, glucose and energy production.** It delivers multiple cardiometabolic benefits offering a comprehensive protection to the cardiovascular system.

- Endothelial function
- Cholesterol and Triglycerides
- Blood sugar
- Blood pressure
- Non-alcoholic fatty liver
- Healthy weight
- Balanced microbiome



A double-blind randomized controlled **trial on 75 overweight volunteers** is currently under way to validate Kalita™'s cardiometabolic-supporting power.

## Kalita™ key features



**All-in one** solution for metabolic wellness



**100% natural** and clean label



700 mg of Kalita™ contains the **same as 4 whole bergamot fruits**



Hand picked and manufactured in **Italy**



Effective as co-ingredient in **cardiovascular formulations**