



Cardiose® sweet orange extract (HTBA)

What is it?

Cardiose® is an extract from sweet oranges rich in hesperidin, a substance prominent in citrus fruits—including peels and seeds—with many properties making it beneficial for health and longevity. (<https://pmc.ncbi.nlm.nih.gov/articles/PMC9227685/>) While hesperidin is found in different forms with different bioavailabilities, most of the hesperidin in Cardiose® is the more bioavailable form, meaning it is more readily absorbed and utilized within the body. Cardiose® is extracted without the use of solvents and has a letter of no objection from the FDA regarding its GRAS (generally recognized as safe) status. (<https://www.hfpappexternal.fda.gov/scripts/fdcc/index.cfm?set=GRASNotices&id=796>)

What benefits does it offer?

Cardiose®, as the name implies, supports cardiovascular health. Clinical studies have shown hesperidin may reduce blood and pulse pressures. Cardiose® has been studied in multiple trials in athletes, showing improvements in performance and antioxidant status. Regardless of age or athletic prowess, Cardiose® provides an avenue for keeping your cardiovascular system at its best.

For more information, visit <https://htba.com/health-ingredients>.