



Ignite

A Better You



A Fiery Trio To Ignite A Better You



A new zest for health & fitness: Meet the Moro Blood Orange

Originating from the southeast of Sicily, Italy, the Moro Blood Orange or *Citrus Sinensis* (L.) Osbeck is the most highly pigmented of citrus varieties.¹ It is a precious ingredient coveted for its nutritious value.

Cultivated in the nutrient-rich volcanic soil of Italy's Mount Etna



~9.6 mg

Rich in antioxidants (~9.6mg anthocyanins per 100g)²

Thrives in varying temperatures (hot days, cold nights)



Intense aroma & strong flavour

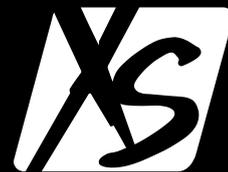
Dark purplish red flesh due to high content of anthocyanins



Less acidic & slightly sweeter tasting than normal oranges



A Fiery Trio To Ignite A Better You



What is **Morosil**?

Morosil is a standardised solid extract obtained only from the juice of Moro Blood Oranges.

Clinical findings have proven that Morosil:



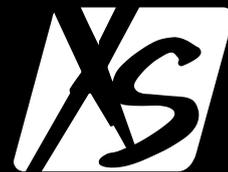
- Reduces fat formation³ 
- Improves body composition¹ 
- Reduces body weight & BMI¹ 
- Reduces waist & hip circumference¹ 

MOROSIL supplementation has been shown to induce a significant reduction of body weight, BMI, waist and hip circumference after a period of treatment of 12 weeks.^{1 3}

		3 months		6 months	
		Morosil	Placebo	Morosil	Placebo
Body weight 		-3.3%	-2.1%	-4.2%	-2.3%
Waist circumference 		-2.5%	-2.3%	-3.6%	-2.0%
Hip circumference 		-2.1%	-1.7%	-2.8%	-1.9%

*Activity of Morosil as evaluated in a randomised, double-blind, placebo-controlled clinical trial carried out on 102 volunteers with a BMI between 25 and 30kg/m² treated with 400mg/day of Morosil for 12 weeks

A Fiery Trio To Ignite A Better You



What is **Isomaltulose**?

As a fully digestible, slow-release carbohydrate, Isomaltulose offers a slower, lower and sustained rise in blood glucose compared to other sugars.

Extensive research has shown that Isomaltulose helps in weight management and sports nutrition:



Provides a steady energy supply⁴



Sustains the body for a longer time compared to other sugars⁴



Increases endurance for sports training or workouts⁴



Boosts metabolism for natural fat burning^{5 6 7}



Provides a feeling of fullness for longer⁵



A Fiery Trio To Ignite A Better You



What is **L-Glutamine**?

L-Glutamine is a type of amino acid, a building block for protein in the human body.

Studies have indicated that L-Glutamine can help:



Promote fat burning^{8 11}



Increase lean body tissue & muscle tissue hydration for reduced muscle fatigue⁹

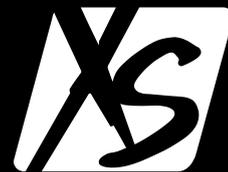


Promote muscle strength & recovery¹⁰

NOTE: Heavy exercise and certain medical conditions – injuries, infections, stress, surgery – may lower the body's glutamine levels.



Our Combination for the Ultimate Body Transformation



We applaud your commitment to your weight loss journey – we can tell. Now, let us help you get even closer to the body of your dreams!

For best results, complement your diet and exercise with two supplements that work great together...



Moro Blood Orange

Shapes your ideal body

- Anthocyanins
- Flavonoids
- Hydroxycinnamic acid
- Ascorbic acid

- Reduces fat accumulation^{12 13 14 15}

- ✓ Improves body composition
- ✓ Reduces body weight
- ✓ Reduces BMI
- ✓ Reduces waist and hip circumference
- ✓ Reduces fat accumulation
- ✓ Promotes fat burning when taken before workout

Before meal/workout

Key Ingredient

What it does

Active components

How it works

Results (May vary for individuals)

Usage

Green Tea Extract

Boosts metabolism & well-being

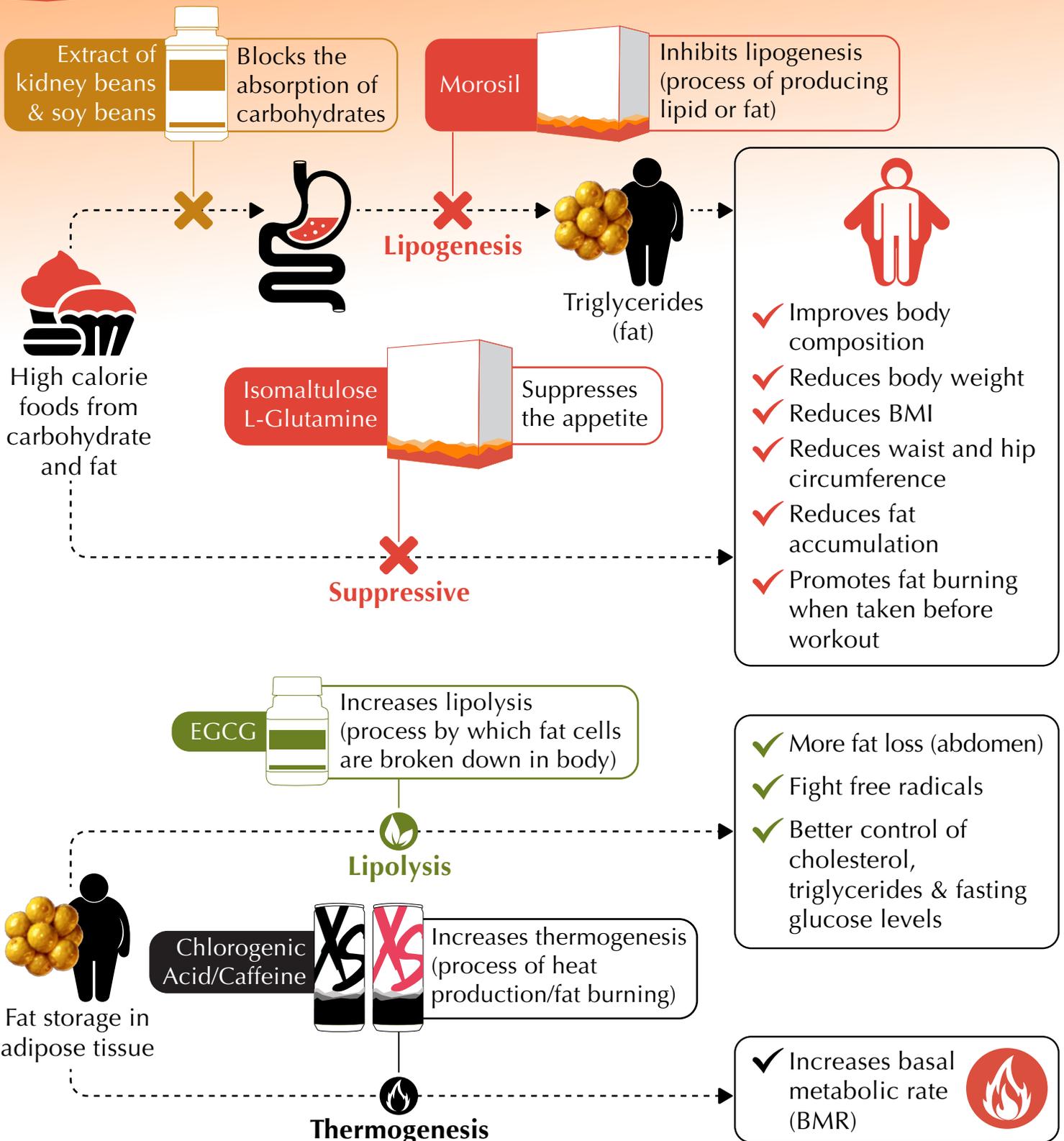
- Epigallocatechin gallate (EGCG)

- Breaks down fat & releases energy from fat into the bloodstream^{16 17 18 19 20}
- Increases energy expenditure²⁰

- ✓ Increases fat loss (abdomen)
- ✓ Fight free radicals
- ✓ Better control of cholesterol, triglycerides & fasting glucose levels
- ✓ Increases basal metabolic rate (BMR), boosts metabolism

With/After meal

Break The Unhealthy Cycle



- ✓ Improves body composition
- ✓ Reduces body weight
- ✓ Reduces BMI
- ✓ Reduces waist and hip circumference
- ✓ Reduces fat accumulation
- ✓ Promotes fat burning when taken before workout

- ✓ More fat loss (abdomen)
- ✓ Fight free radicals
- ✓ Better control of cholesterol, triglycerides & fasting glucose levels

- ✓ Increases basal metabolic rate (BMR)

SHOP NOW



References

1. www.morosil.bionap.com
2. Fallico B, Ballistreri G, Arena E, Brighina S, Rapisarda P. Bioactive compounds in blood oranges (*Citrus sinensis* (L.) Osbeck): Level and intake. *Food Chem.* 2017 Jan 15;215:67-75. doi: 10.1016/j.foodchem.2016.07.142. Epub 2016 Jul 27. PMID: 27542451.
3. Briskey D, Malfa GA, Rao A. Effectiveness of "Moro" Blood Orange *Citrus sinensis* Osbeck (*Rutaceae*) Standardized Extract on Weight Loss in Overweight but Otherwise Healthy Men and Women-A Randomized Double-Blind Placebo-Controlled Study. *Nutrients.* 2022 Jan 18;14(3):427. doi: 10.3390/nu14030427. PMID: 35276783; PMCID: PMC8838101.
4. <https://isomaltulose.org/energy-sports-nutrition/sports-athletes/>
5. <https://www.rosnutrition.com/uk/insight/knowledge-centre/isomaltulose-low-gi-carbohydrate>
6. Lightowler H, Schweitzer L, Theis S, Henry CJ. Changes in Weight and Substrate Oxidation in Overweight Adults Following Isomaltulose Intake During a 12-Week Weight Loss Intervention: A Randomized, Double-Blind, Controlled Trial. *Nutrients.* 2019; 11(10):2367. <https://doi.org/10.3390/nu11102367>
7. Henry CJ, Kaur B, Quek RYC, Camps SG. A Low Glycaemic Index Diet Incorporating Isomaltulose Is Associated with Lower Glycaemic Response and Variability, Promotes Fat Oxidation in Asians. *Nutrients.* 2017 May 9;9(5):473. doi: 10.3390/nu9050473. PMID: 28486426; PMCID: PMC5452203
8. Laviano A, Molfino A, Lacaria MT, Canelli A, De Leo S, Preziosa I, Rossi Fanelli F. Glutamine supplementation favors weight loss in nondieting obese female patients. A pilot study. *Eur J Clin Nutr.* 2014 Nov;68(11):1264-6. doi: 10.1038/ejcn.2014.184. Epub 2014 Sep 17. PMID: 25226827.
9. Mittendorfer B, Volpi E, Wolfe RR. Whole body and skeletal muscle glutamine metabolism in healthy subjects. *Am J Physiol Endocrinol Metab.* 2001 Feb;280(2):E323-33. doi: 10.1152/ajpendo.2001.280.2.E323. PMID: 11158937; PMCID: PMC3425386
10. Legault Z, Bagnall N, Kimmerly DS. The Influence of Oral L-Glutamine Supplementation on Muscle Strength Recovery and Soreness Following Unilateral Knee Extension Eccentric Exercise. *Int J Sport Nutr Exerc Metab.* 2015 Oct;25(5):417-26. doi: 10.1123/ijsnem.2014-0209. Epub 2015 Mar 26. PMID: 25811544
11. Cruzat V, Macedo Rogero M, Noel Keane K, Curi R, Newsholme P. Glutamine: Metabolism and Immune Function, Supplementation and Clinical Translation. *Nutrients.* 2018 Oct 23;10(11):1564. doi: 10.3390/nu10111564. PMID: 30360490; PMCID: PMC6266414.
12. Lee, Bonggi et al. "Anthocyanins inhibit lipogenesis during adipocyte differentiation of 3T3-L1 preadipocytes." *Plant foods for human nutrition (Dordrecht, Netherlands)* vol. 69,2 (2014): 137-41. doi:10.1007/s11130-014-0407-z
13. Titta, L et al. "Blood orange juice inhibits fat accumulation in mice." *International journal of obesity (2005)* vol. 34,3 (2010): 578-88. doi:10.1038/ijo.2009.266
14. Tsuda, Takanori et al. "Anthocyanin enhances adipocytokine secretion and adipocyte-specific gene expression in isolated rat adipocytes." *Biochemical and biophysical research communications* vol. 316,1 (2004): 149-57. doi:10.1016/j.bbrc.2004.02.031
15. de Lima, Lucas Pinheiro and Antony de Paula Barbosa. "A review of the lipolytic effects and the reduction of abdominal fat from bioactive compounds and moro orange extracts." *Heliyon* 7 (2021): n. pag.
16. Wolfram, Sven et al. "Anti-obesity effects of green tea: from bedside to bench." *Molecular nutrition & food research* vol. 50,2 (2006): 176-87. doi:10.1002/mnfr.200500102
17. Cunha, Cláudio A et al. "Green tea extract supplementation induces the lipolytic pathway, attenuates obesity, and reduces low-grade inflammation in mice fed a high-fat diet." *Mediators of inflammation* vol. 2013 (2013): 635470. doi:10.1155/2013/635470
18. Yang, Chung S et al. "Mechanisms of body weight reduction and metabolic syndrome alleviation by tea." *Molecular nutrition & food research* vol. 60,1 (2016): 160-74. doi:10.1002/mnfr.201500428
19. Koo, Sung I, and Sang K Noh. "Green tea as inhibitor of the intestinal absorption of lipids: potential mechanism for its lipid-lowering effect." *The Journal of nutritional biochemistry* vol. 18,3 (2007): 179-83. doi:10.1016/j.jnutbio.2006.12.005
20. Di Piero, Francisco et al. "Greenselect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial." *Alternative medicine review : a journal of clinical therapeutic vol.* 14,2 (2009): 154-60.