mediterranean
nutrition
science

PRODUCT CATALOGUE

The nature of well-being from
Mediterranean Nutrition Science™

by esserre

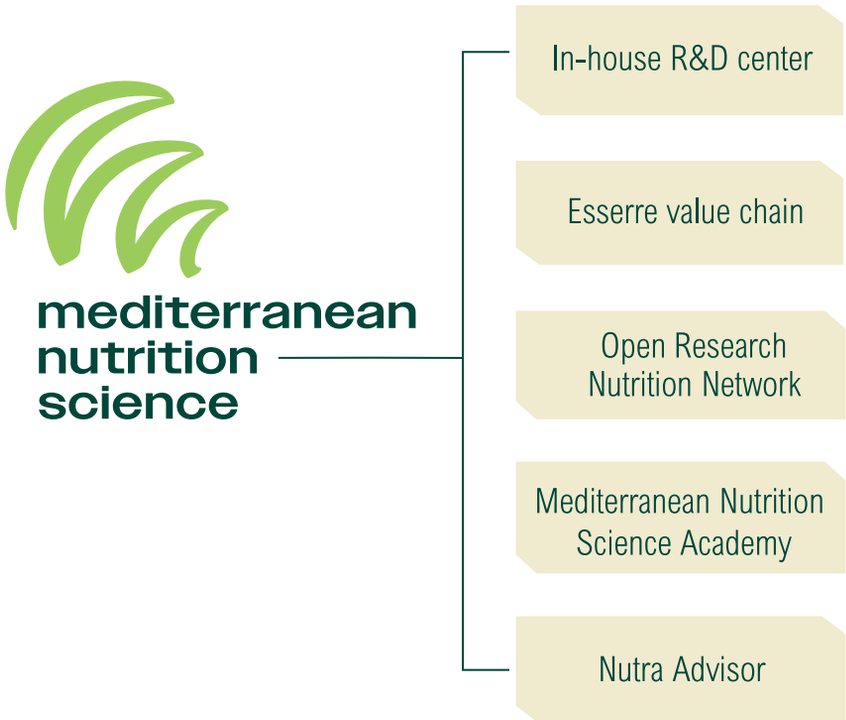
esserre

A distinctive strategy to deliver value and growth

Esserre is one of the fastest-growing companies in Europe. Its unique strategy leverages on the deep science of the Mediterranean Diet, which is recognized as the most effective diet to prevent chronic diseases improving longevity.

The **Mediterranean Nutrition Science™** is the new technology platform for researching, developing and manufacturing **nutraceutical products from Mediterranean rim** to anticipate the emerging trends of:

- ✓ Healthy ageing and longevity
- ✓ Holistic wellness
- ✓ Prevention of chronic diseases



Year of foundation	**2013**
HD	Rome (IT)
R&D Center	Formello (IT)
Patents & patent families	+16
Scientific Publications	+15
Proprietary extracts and formulations	+30
Employees and Sales Force	+50

mediterranean nutrition science

by esserre

Mediterranean Portfolio

Immunity & Energy

- Improve Vitamin D
- Improve Magnesium
- Improve Energy

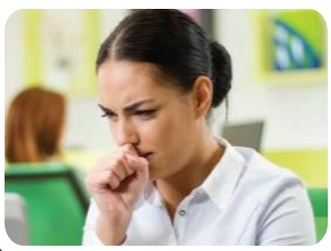
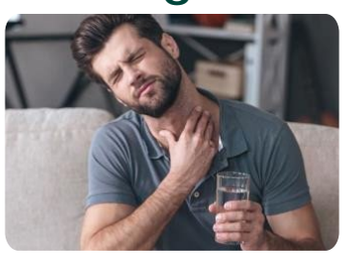
Inflammation & Edema

- Flomel Plus
- Flomel Collagen
- Flomel®

Cardio-metabolic

- Redulen Cholesterol
- Redulen Glycemia

Cough & Cold

mediterranean nutrition science

Improve Vitamin D

The mediterranean nature of Strength

For bones well-being and natural immune defenses.

With vitamin D, extra virgin olive oil and medium-chain triglycerides (MCTs) from coconut oil.
High phenolic compounds ensured by a specific olive fruit harvest time.

Ingredients	3 drops dose (kids)	%NRV* for 3 drops dose (kids)
Vitamin D	9.38 µg (375 UI)	188
Ingredients	**0,5 ml dose (adult)**	**%NRV* for 0,5 ml dose (adult)**
Vitamin D	50 µg (2000 UI)	1000

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Up-cycled pack from agri-food by products

21 ml bottle

Gluten-free · Preservative-free · HALAL CERTIFIED

ITALIAN CROPS INGREDIENTS

For adults and kids

WITH MEDITERRANEAN INGREDIENTS

Improve Magnesium

The mediterranean nature of Equilibrium

To reduce physical and mental fatigue.
With **PunicaPLUS™**, proprietary mediterranean pomegranate extract, magnesium citrate and vitamin C.

Ingredients	Single dose (1 sachet)	Maximum daily dose (2 sachets)	1 sachet %NRV*	2 sachets %NRV*
PunicaPlus™ Pomegranate d.e	250 mg	500 mg		
Magnesium	225 mg	450 mg	60	120
Vitamin C	80 mg	160 m	100	200

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Gluten-free · Lactose-free · HALAL CERTIFIED

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Up-cycled pack fro agri-food by products

Patent pending

Form:
20 sachets

Dosage:
1 or 2 sachets per day

by esserre

mediterranean nutrition science

Improve Energy

The mediterranean nature of Energy

For prolonged fatigue based on **PunicaPLUS™**, proprietary mediterranean pomegranate extract, B complex vitamins and vitamin C.

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Gluten-free

Lactose-free

HALAL CERTIFIED

Up-cycled pack from agri-food by products

Patent pending

Form:
14 sachets

Dosage:
1 sachet per day in water

Nutritional Values	1 sachet	% NRVs* 1 sachet	100 g
PunicaPLUS™ ** (polyphenolic complex from *Punica granatum L.*)	500 mg		31.25 g
Vitamin C	200 mg	250%	12,500 mg
Niacin	16 mg	100%	1000 mg
Vitamin B2	7 mg	500%	437.5 mg
Pantothenic acid	6 mg	100%	375 mg
Vitamin B1	5.5 mg	500%	343.75 mg
Vitamin B6	4 mg	286%	250 mg
Folate	200 µg	100%	12,500 µg
Biotin	50 µg	100%	3.125 µg
Vitamin B12	12.5 µg	500%	781.25 µg

Polyphenolic compounds	Properties**
• Punicalagin A • Punicalagin B • Ellagic acid and derivatives	• Antioxidant • Anti-inflammatory • Immunomodulatory • Antiviral

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Significant improvement of Quality of Life in Physical and Mental Health, after one month supplementation:

Fatigue reduction by **-31%** (FAS and FSS Score)[1]

Improvement of fatigue symptoms by **41%** even after food supplement discontinuation[2].

[1]Esposito C., Santarcangelo C. et al. Chemical Characterization and Preliminary Evaluation of the Efficacy and Tolerability of a Food Supplement Based on Pomegranate Extract, B Vitamins, and Vitamin C against Prolonged Fatigue in Healthy Consumers. Processes 2022,10, 208; https://-doi.org/10.3390/pr10020208

[2]Ullah, H. et al. Combination of Chemically Characterized Pomegranate Extract and Hydrophilic Vitamins against Prolonged Fatigue: A Mono-centric, Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Nutrients 2023, 15, 2883. https://doi.org/10.3390/nu15132883

mediterranean nutrition science

Flomel Plus

The mediterranean nature for healthy microcirculation

Innovative mediterranean formulation for microcirculation well-being.
With bromelain, grape extract, hesperidin, and vitamin C.

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Gluten-free

Lactose-free

With natural sweetener

Up-cycled pack from agri-food by products

Form:
20 sachets

Dosage:
1 sachet per day in water

Ingredients	Daily dose (1 sachet)	For 100 g	%NRV*
Bromelain 2500 GDU/g	300 mg 750 GDU	10,000 mg 25,000 GDU	
Vitis vinifera (L.) d.e From which polyphenols tot. From which anthocyanins	70 mg 14 mg 5 mg	2,333.3 mg 466.6 mg 166.6 mg	
Hesperidin	100 mg	3.333,3 mg	
Vitamin C	80 mg	2,666.6 mg	100

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Grape extract (Vitis vinifera L.) rich in anthocyanins contributing to:

- Healthy microcirculation
- Reduction of heavy legs

Vitamin C contributing to:

- Normal collagen formation for the normal function of blood vessels*

*Reg. (UE) 432/2012 Claim on Vitamin C

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mediterranean nutrition science

Flomel Collagen

The mediterranean nature of healthy skin, hair, nails and joints

Powerful mediterranean formulation with a high content of hydrolyzed collagen, hesperidin, vitamin C and zinc.

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Gluten-free

Lactose-free

With natural sweetener

Up-cycled pack from agri-food by products

Form:
20 sachets

Dosage:
1 sachet per day in water

Ingredients	Daily dose (1 sachet)	For 100 g	%NRV*
Collagen peptides	2.5 g	62.5 g	
Hesperidin	100 mg	2.500 mg	
Vitamin C	80 mg	2000 mg	100
Zinc	2.5 mg	62.5 mg	25

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Hydrolyzed **collagen** contributes to skin hydration and elasticity, it's also useful to support joints health.

C

Vitamin C contributing to:

- Normal collagen formation for normal skin function*
- Normal collagen formation for normal bones function*

Zn

Zinc contributing to:

- Maintenance of normal hair, skin and nails*

*Reg. (UE) 432/2012 Claims on vitamin C and zinc

mediterranean nutrition science

Flomel Gel Cream

The mediterranean nature of skin health

Innovative mediterranean dermo-cosmetic for inflammation status and edema including natural ingredients.

Innovative and sustainable packaging
Tube made of bioplastic from organic sugarcane

Form:
200 ml tube

Dosage:
Apply on hips, legs and arms with a light massage once or twice a day.

Without parabens, silicones and petrolatum

With bromelain, vitamin E, menthyl lactate, bioflavonoids complex from citrus extract, Vitis vinifera (L.) extract and Opuntia ficus-indica d.e.

- Promotes the functionality of the microcirculation and the drainage of body fluids
- Helps to relieve swelling and to regain the normal skin hydration and elasticity
- Contrasts cellulite imperfections

Flomel® 500

Food supplement based on bromelain and dehydrated pineapple juice.

- Drainage of body fluids (legs heaviness) (Ananas comosus L.)*
- Functionality of the microcirculation (Ananas comosus L.)*
- Contrast of cellulite imperfections (Ananas comosus L.)*

Nutritional information	3 g dose	100 g dose
Bromelain 2500 GDU/g	500 mg 1,250 GDU	16.67 g 41,667 GDU
Dehydrated pineapple juice	300 mg	10 g

*Italian Ministry of Health decree 10th August 2018

Gluten-free · Lactose-free · Preservative-free · With natural sweetener · HALAL CERTIFIED

Form:
20 sachets

Dosage:
1 sachet per day for at least 20 days

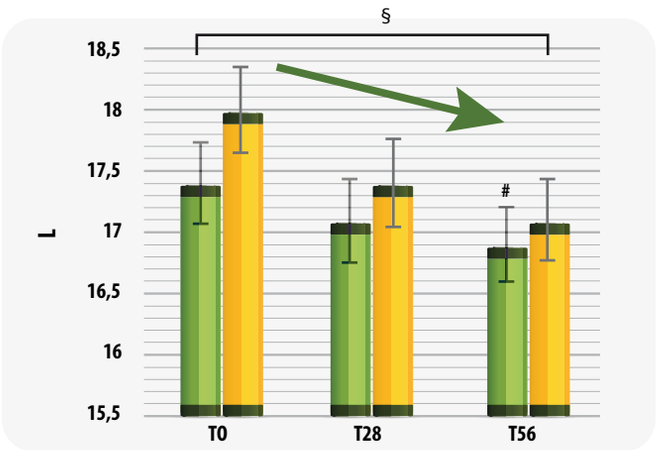
by esserre

ASSOCIATION OF FLOMEL 500 AND FLOMEL GEL CREAM

Flomel Gel Cream has been clinically studied alone and in combination with Flomel® 500 - 28 days T1 and 56 days T2 – 1 sachet of Flomel 500 and one application of Flomel® gel cream – 40 subjects (women)[1]

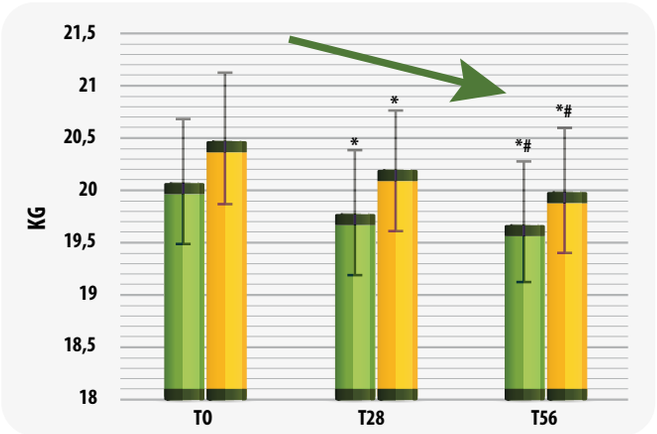
Statistically significant reduction of extracellular water

-0.6 L on avg after 28 days of Flomel®Crema Gel + Flomel® 500 treatment;
-0.9 L on avg after 56 days of Flomel®Crema Gel + Flomel® 500 treatment;



Statistically significant reduction in fat mass

-0.3 kg on avg after 28 days of Flomel®Crema Gel + Flomel® 500 treatment;
-0.5 kg on avg after 56 days of Flomel®Crema Gel + Flomel® 500 treatment;



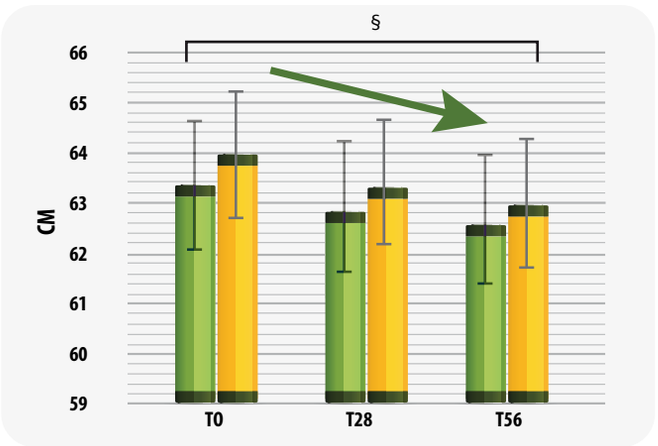
Reduction of extracellular water and fat mass in the two groups; * p <0.05 vs baseline; #p <0.05, T2 vs T1; §P <0.05 Group B vs Group A, during the entire treatment

Flomel® Gel Cream Flomel® Gel Cream + Flomel® 500

Figure 1 - Main results: statistically significant reduction of extracellular water and fat mass

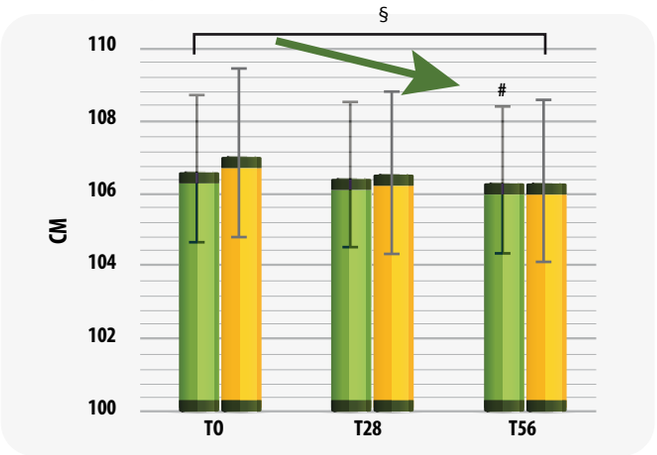
Cm reduction of legs circumference

-0.6 cm on avg after 28 days of Flomel®Crema Gel + Flomel® 500 treatment;
-1 cm on avg after 56 days of Flomel®Crema Gel + Flomel® 500 treatment;



Cm reduction of hips circumference

-0.4 cm on avg after 28 days of Flomel®Crema Gel + Flomel® 500 treatment;
-0.7 cm kg on avg after 56 days of Flomel®Crema Gel + Flomel® 500 treatment;



Reduction of the circumference of the legs and hips in the two groups; * p <0.05 vs baseline; #p <0.05, T2 vs T1; §P <0.05 Group B vs Group A, during the entire treatment.

Flomel® Gel Cream Flomel® Gel Cream + Flomel® 500

Figure 2 - Main results: statistically significant reduction of legs and hips circumference

Key notes: the tested dermo-cosmetic gel, based on mediterranean ingredients, significantly improved edema and localized fat mass both alone and in combination with Flomel 500 (oral). This association resulted in a more significant improvement over time.

[1]Effects of a topical treatment with a dermo-cosmetic gel cream based on bromelain plus mediterranean ingredients alone and in combination with the oral intake of a bromelain-based food supplement in women with edema and localized fat mass, B. Orrù, C. Riccioni et all. Journal of Applied Cosmetology, Vol. 40 iss. 1 (Jan-Jun, 2022) 5/18

mediterranean nutrition science

Redulen Cholesterol

The mediterranean nature of cardio-metabolic well-being

Best in class food supplement for cholesterol and triglycerides control.

With Brumex™ and Nopalis™, proprietary mediterranean extracts, plant sterols and vitamin B1.

Ingredients	1 tablet	2 tablets	% NRV*for maximum daily dosage (2 tablets)
Plant sterols	400 mg	800 mg	
Brumex™ (Citrus bergamia d.e.)	200 mg	400 mg	
Nopalis™ (Opuntia ficus-indica d.e.)	150 mg	300 mg	
Vitamin B1	12.5 mg	25 mg	2,272.7%

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011

Gluten-free

Lactose-free

HALAL CERTIFIED

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Up-cycled pack from agri-food by products

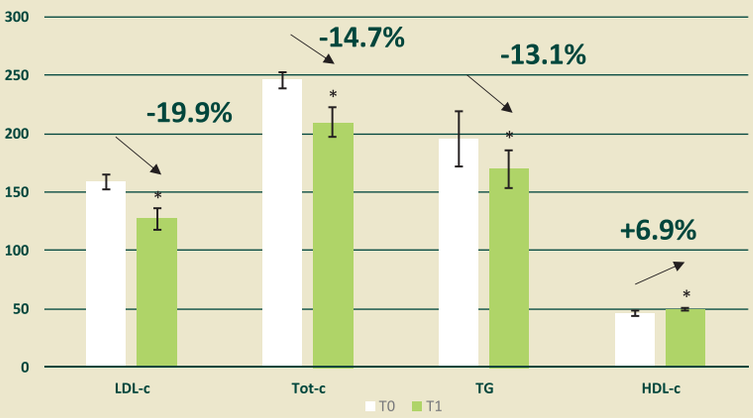
Patent pending

Form:
30 tablets

Dosage:
1 or 2 tablets a day after main meals

Clinical studies

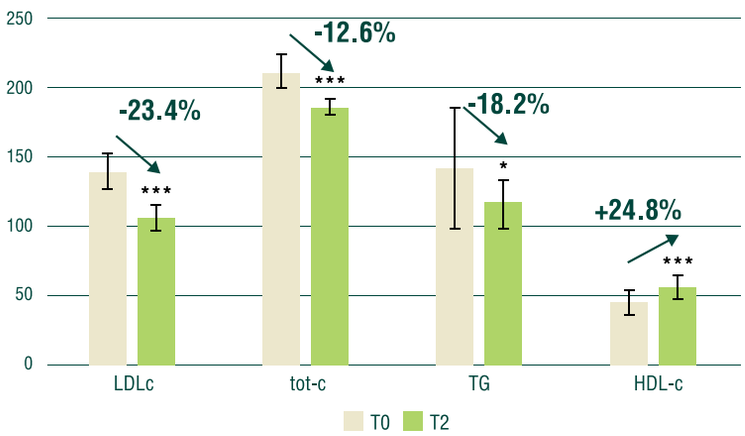
1) RANDOMIZED, PLACEBO – CONTROLLED CINICAL TRIAL



Comparative effect of a nutraceutical compound based on a flavonoid complex from bergamot on plasma lipids, glucose metabolism, and liver enzymes: a 3-arm, double-blind, placebo-controlled, randomized clinical trial[1].

- **3 months supplementation**
- **1 tablet per day**
- **75 subjects.**

2) PILOT STUDY



A nutraceutical phytocomplex of extracts from Citrus bergamia and Opuntia ficus-indica improves lipid profile in subjects with mild hypercholesterolemia: a pilot study[2].

- **4 months supplementation**
- **1 tablet per day**
- **80 subjects.**

Key notes: the results showed how the supplementation of the mediterranean extracts' complex improves the overall lipid profile in subjects with mild hypercholesterolemia, thus preventing the development of cardiovascular diseases.

[1]Federica Fogacci, Valentina Di Micoli, Maddalena Veronesi, Arrigo F.G. Cicero, Comparative effect of a nutraceutical compound based on a flavonoid complex from bergamot on plasma lipids, glucose metabolism and liver enzymes: a 3-arm, double blind, placebo-controlled, randomized, clinical trial.Arch Med Sci 2023; 19(5) https://doi.org/10.5114/aoms/152791
[2]Di Folco, U. et al. A nutraceutical phytocomplex of extracts from Citrus Bergamia and Opuntia ficus-indica improves lipid profile in subjects with mildhypercholesterolemia; 2023

by esserre

mediterranean nutrition science

Redulen Glycemia

The mediterranean nature of cardio-metabolic well-being

Innovative solution for blood glucose control and prediabetes.

With Lemotrin™, a synergistic complex of flavonoids made of mediterranean lemon, orange extract and chromium.

Chromium contributes to the maintenance of normal blood glucose levels***

Ingredients	Maximum daily dose (2 tablets)	VNR*
Lemotrin complex made of:		
Lemon d.e.	500 mg	
Orange d.e.	200 mg	
Hesperidin	220 mg	
Chromium	200 mcg	500%

*Nutrient reference values in accordance with Regulation (EU) No 1169/2011
***Commission Regulation (EU) No.432/2012

Gluten-free

Lactose-free

HALAL CERTIFIED

ITALIAN CROPS INGREDIENTS

WITH MEDITERRANEAN INGREDIENTS

Up-cycled pack from agri-food by products

Form: 60 tablets

Dosage: 1 tablet twice a day after main meals

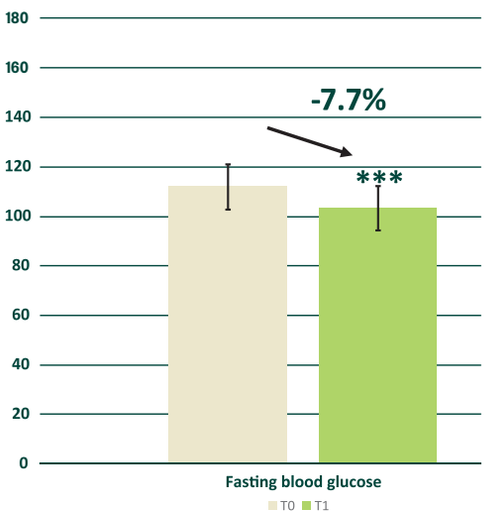
Patent pending

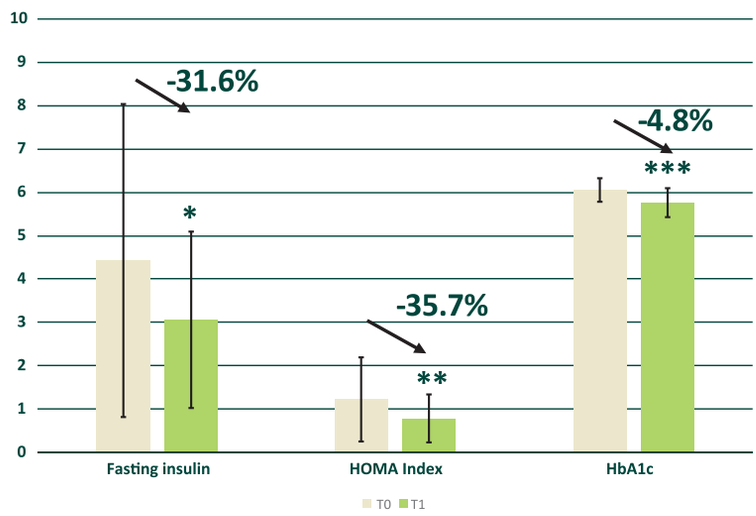
Clinical study

1) PILOT STUDY

Nutraceutical effects of mediterranean citrus extract in dysglycemia: a pilot study[1].

12 weeks supplementation – 1 tablet twice a day – 39 subjects with dysglycemia (100 – 125 mg/dl)





Key notes:

The findings suggest that the mediterranean citrus complex supplementation improves the glycemic profile in subjects with dysglycemia.

[1]Di Folco U, et al. Nutraceutical effects of mediterranean citrus extracts in dysglycemia: a pilot study. Ann Med Health Sci. Res. 2022, 12:298-303

by esserre

mediterranean nutrition science

The mediterranean nature for respiratory tract, throat well-being and immune function

The innovative Cough & Cold line consists of **15 formulations** designed to address specific needs including:

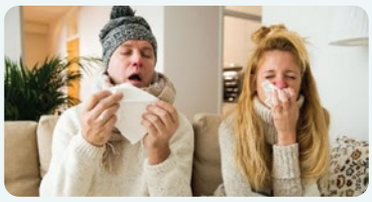
KEY FEATURES:

- **Formulations:** based on mediterranean extracts titrated in active components synergistically combined with other traditionally used ingredients

- **Scientific support:** backed by scientific literature, proprietary evidence and EFSA claims
- **Target consumer:** for adults and kids

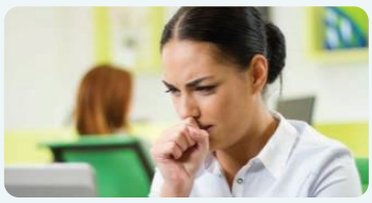
Versatile forms: sachets, gummies, hard candies, syrups, spray and tablets

Cold & Flu



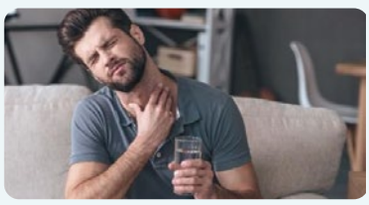
Adults | Kids

Dry & Wet Cough



Adults | Kids

Throat well-being



Adults | Kids

Immunity & Energy

Adults | Kids

by esserre

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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We sustain
Mediterranean
principles
Mediterranean lifestyle is a real
philosophy that embraces spirit,
people, culinary culture, history.
A nature made of sharing,
inclusiveness and vitality.
In one word: well-being.
This is what we call
#mediterraneaness
BY esserre