

Introducing Hesperidin: A Powerful Flavonoid



Polyphenols are compounds found in plants that have potential health benefits. You may already be familiar with resveratrol in red wine or catechins in green tea, but have you heard about the powerful polyphenol called **hesperidin**?



100% Orange Juice
Hesperidin



Green Tea
Catechins



Cocoa
Flavanols



Red Wine
Resveratrol

Hesperidin is the most abundant flavonoid found in orange juice. The word derives from hesperidium, a botanical classification of citrus fruit being a specialized berry with a rind. Oranges are the only commonly consumed foods that include a significant amount of hesperidin.

Hesperidin is found in **citrus pulp, juice and peel**, making 100% orange juice a tasty source of this beneficial flavonoid.

Orange peels and membranes have the highest levels of **hesperidin** in the fruit, thus pressing oranges to make orange juice may increase flavonoid content in the juice.

Increased pressures seen by commercial juicers have shown to increase flavonoid content vs. hand-squeezed or high-end consumer presses¹, making 100% Florida Orange Juice a great way to get **hesperidin** into your diet.



Hesperidin plays a valuable role in the overall benefits of nutrient-rich, 100% orange juice, and may support:

- Reducing inflammation
- Cardiovascular health
- Cognition



Clinical studies suggest **hesperidin** in orange juice may:

- Increase blood flow²
- Reduce the adverse vascular effects of high-fat meals^{3,4}
- Allow a more gradual rise in blood glucose and insulin compared to sugary drinks^{5,6}
- Reduce systolic blood pressure⁷

References

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4. Cerletti et al. Thromb Res. 2015;135:255-259.
5. Ghanim et al. Am J Clin Nutr. 2010;91(4):940-949.
6. Chaves et al. J Proteome Res. 2017;16(11):4086-4092.
7. Valls et al. Eur J Nutr. 2021a;60(3):1277-1288.

Scan here to learn more about our favorite flavonoid, hesperidin.

