

# Berberine HCl – Blood Sugar Support\* and Cardiovascular Health\*

## About Berberine HCl

- Berberine is the naturally occurring alkaloid found in many medicinal plant species worldwide. These plants include: barberry (*Berberis vulgaris*), Chinese goldthread (*Coptis chinensis*), goldenseal (*Hydrastis canadensis*), Indian barberry (*Berberis aristata*), and Oregon grape (*Berberis aquifolium*).<sup>1</sup>
- Helps support healthy glucose levels already within the normal range in a variety of ways, including the support of normal insulin sensitivity.<sup>\*2,3</sup>
- Helps maintain healthy blood lipid levels, including triglycerides, total cholesterol, and LDL cholesterol within the normal range.<sup>\*4,5</sup>
- Helps support Nrf-2, a key regulator of antioxidant activity that helps maintain nervous system health.<sup>\*6</sup>
- Helps maintain cardiovascular health.<sup>\*7</sup>
- May benefit healthy weight management.<sup>\*8</sup>

## How to Use Berberine HCl

- 1 capsule 2 times per day with meals or as directed by a health care professional.

## Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Consult a health care professional for use beyond 3 months. Keep out of reach of children.

## Drug Interactions

- If you are taking prescription medications, consult a health care professional prior to use as berberine may alter their effectiveness.<sup>9</sup> Consult a health care professional prior to use if you have low blood sugar (hypoglycemia), low blood pressure (hypotension), or reduced heart rate (bradycardia).<sup>10,11</sup> As berberine increases the levels of the immunosuppressant drug cyclosporin A, those who have had organ transplants should consult a health care professional before using this product.<sup>12,13</sup> Berberine may inhibit cytochrome enzymes CYP2D6, 3A4, and CYP2C9, and use of medications metabolized by these enzymes should be monitored.<sup>9</sup> If symptoms persist or worsen, consult a health care professional.

## Quick Tips for Optimal Health

- The DASH diet (i.e., potassium-rich fruits and vegetables, low-fat dairy products, and reduced salt intake) may be helpful in maintaining healthy cholesterol levels already within the normal range and supporting cardiovascular health.<sup>14,15</sup>
- Just 250 ml (just over a cup) of beetroot juice helps maintain blood pressure within the normal range.<sup>\*16</sup>
- Eating a handful of almonds (1.5 oz/42.52 g) daily not only helps maintain LDL cholesterol already within the normal range, but also reduces your waist size.<sup>\*17</sup>
- Learning various stress management techniques also helps maintain blood pressure within the normal range, supporting cardiovascular health.<sup>\*18</sup>
- Stop smoking: Within one year of quitting, the risk of dying from smoking-related heart disease is cut by 50%.<sup>19</sup>
- Eating 10 g of ground flaxseed per day for just 30 days helps support normal fasting blood sugar.<sup>\*20</sup>
- Long-term endurance exercise and/or strength training not only helps reduce the risk of heart disease, but also supports normal fasting blood sugar.<sup>\*21</sup>
- Soluble dietary fiber supplements (i.e., PGX or psyllium) help maintain healthy cholesterol and blood sugar levels already within the normal range.<sup>\*22-24</sup>
- Adopting a low-glycemic index diet also helps support normal fasting blood sugar levels.<sup>25</sup>
- Substituting dietary legumes (i.e., beans, nuts, peas, lentils) for red meat helps maintain blood sugar control and support healthy levels of LDL cholesterol already within the normal range.<sup>\*26</sup>

USER NAME: \_\_\_\_\_

### PROFESSIONAL NOTES:

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### PROFESSIONAL CONTACT INFORMATION:

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References

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