



Code: 9231

Size: 90 Vegetarian Capsules

Actual Size: 22.57 mm x 8.38 mm



Berberine HCl

Blood Sugar Support* · Cardiovascular Health*

- Has 500 mg of berberine HCl per capsule, the amount used in clinical trials
- Helps support healthy glucose levels already within the normal range in a variety of ways, including the support of normal insulin sensitivity*
- Helps maintain healthy blood lipid levels, including triglycerides, total cholesterol, and LDL cholesterol already within the normal range*
- Helps support Nrf-2, a key regulator of antioxidant activity that helps maintain nervous system health*
- Helps maintain cardiovascular health in adults*
- Extracted from European barberry (*Berberis vulgaris*)
- Suitable for vegetarians/vegans

PRODUCT SUMMARY

Berberine may be helpful in cardiometabolic support through a variety of mechanisms.* It supports healthy insulin sensitivity and glucose levels already within the normal range by maintaining normal alpha-glucosidase activity and supporting healthy insulin receptors.*^{2,3} Additionally, it helps maintain healthy blood lipid levels already within the normal range.*¹ Berberine also supports Nrf2, a key regulator of antioxidant activity that helps maintain nervous system health.*⁴

Berberine may help maintain a healthy body weight and waist circumference, help support healthy lipid levels (including cholesterol and triglycerides) within the normal range, and help maintain blood pressure within the normal range.*^{5,6} Berberine may also help support healthy HbA1c levels within the normal range.*^{7,8} Additionally, berberine may help organize the body's response to cellular damage.*¹



BERBERINE HCl

BLOOD SUGAR SUPPORT* · CARDIOVASCULAR HEALTH*

Supplement Facts

Serving Size 1 Vegetarian Capsule

| Amount Per Serving | |
|--|----------|
| Berberine (HCl) (from <i>Berberis vulgaris</i> extract) (root) | 500 mg** |

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, magnesium stearate (vegetable grade), stearic acid, silica.

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 90

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

Berberine plays an important role in blood sugar (glucose) metabolism and cardiovascular health.* Berberine helps maintain healthy blood sugar and total cholesterol levels already within the normal range.*

Caution: 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: Berberine may have an additive effect when combined with hypoglycemic medications such as metformin.* Berberine may also increase levels of cyclosporin A, and combined use should be avoided.*⁹ Berberine may inhibit cytochrome enzymes CYP2D6, 3A4, and CYP2C9, and use of medications metabolized by these enzymes should be monitored.*¹⁰

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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5. Yin, J., Xing, H., Ye, J. (2008). *Metabolism*, 57(5), 712-7.
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9. Xin, H.W., Wu, W.C., Li, Q., et al. (2006). *Methods Find Exp Clin Pharmacol*, 28(1), 25-9.
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