

# Berberine LipoMicel<sup>®</sup> Matrix – Glucose Support\* and Higher Bioavailability

## About Berberine LipoMicel Matrix

- Berberine is a naturally occurring alkaloid found in many 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 maintenance of already normal insulin sensitivity.\*<sup>2,3</sup>
- Helps maintain healthy blood lipid levels, including triglycerides, total cholesterol, and LDL cholesterol already within normal levels.\*<sup>4,5</sup>
- Helps support Nrf-2, a key facilitator of normal 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>
- Improved delivery forms, such as LipoMicel polymeric micelles (liquid micelle matrix), support berberine’s bioavailability.\*<sup>9</sup>
- LipoMicel berberine began to support already normal blood glucose after two 500 mg doses.\*<sup>10</sup>

## How to Use Berberine LipoMicel Matrix

- Take 1 softgel 2 times per day with food or as directed by a health care professional. May also be chewed. Consult a health care professional for use beyond 3 months.

## 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. Keep out of reach of children.

## 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 blood pressure and cholesterol levels already within the normal range and supporting cardiovascular health.\*<sup>11,12</sup>
- Only 250 mL (just over a cup) of beetroot juice may help support blood pressure already in the normal range.\*<sup>13</sup>
- Eating a handful of almonds (43 g/1.5 oz) daily not only helps maintain healthy cholesterol levels already within the normal range, but also a healthy waist size.\*<sup>14</sup>
- Eating 10 g of ground flaxseed per day for just 30 days helps support normal fasting glucose levels already within normal levels.\*<sup>15</sup>
- Long-term endurance exercise and/or strength training may help support already normal blood sugar levels and maintain cardiovascular health.\*<sup>16</sup>
- Soluble dietary fiber supplements (e.g., PGX<sup>®</sup> or psyllium) may help maintain cholesterol and blood sugar levels already within the normal range.\*<sup>17-19</sup>
- Substituting dietary legumes (i.e., beans, nuts, peas, lentils) for red meat may help maintain blood sugar control and support healthy LDL cholesterol levels already within the normal range.\*<sup>20</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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