

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

## About Berberine LipoMicel

- Berberine is a 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>
- Berberine helps decrease blood cholesterol and blood sugar.<sup>2,3</sup>
- It helps reduce body weight by an average of 2.67 kg (5 lb) in overweight populations.<sup>4</sup>
- With additional healthy lifestyle changes, berberine may help reduce blood pressure.<sup>5</sup>
- Improved delivery forms, such as LipoMicel<sup>®</sup> polymeric micelles (liquid micelle matrix), enhance berberine’s bioavailability.<sup>6</sup>
- LipoMicel berberine was effective in lowering blood glucose levels by 12% after two 500 mg doses.<sup>7</sup>

## How to Use Berberine LipoMicel

- Take 1 softgel 2 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 3 months.

## Cautions and Contraindications

- Consult a health care practitioner if you have leucopenia, a kidney disorder, or blood pressure problems. Consult a health care practitioner prior to use if you have liver disease, hypotension, hypoglycemia, or diabetes. Do not use if you are pregnant or breastfeeding. May cause gastrointestinal discomfort such as constipation, vomiting, abdominal pain, or diarrhea, in which case discontinue use and consult a health care practitioner. Keep out of reach of children.

## Drug Interactions

- If you are taking prescription medications, consult a health care practitioner prior to use as berberine may alter their effectiveness.<sup>8</sup> Consult a health care practitioner prior to use if you have low blood sugar (hypoglycemia), low blood pressure (hypotension), or reduced heart rate (bradycardia).<sup>9,10</sup> As berberine increases the levels of the drug cyclosporin A, individuals who have had organ transplants should consult a health care practitioner before using this product.<sup>11,12</sup> Berberine may inhibit cytochrome enzymes CYP2D6, 3A4, and CYP2C9, and the use of medications metabolized by these enzymes should be monitored.<sup>8</sup> If symptoms persist or worsen, consult a health care practitioner.

## Quick Tips for Optimal Health

- The DASH diet (i.e., potassium-rich fruits and vegetables, low-fat dairy products, and reduced salt intake) has been shown to be very helpful in lowering cholesterol and modifying other cardiovascular risk factors.<sup>13,14</sup>
- Just 250 mL (just over a cup) of beetroot juice helps support cardiovascular health.<sup>15</sup>
- Eating a handful of almonds (43 g/1.5 oz) daily not only helps reduce LDL cholesterol, but also reduces your waist size.<sup>16</sup>
- Eating 10 g of ground flaxseed per day for just 30 days helps lower your fasting blood sugar by almost 20%.<sup>17</sup>
- Long-term endurance exercise and/or strength training not only helps reduce the risk of heart disease, but also lowers fasting blood sugar in certain conditions.<sup>18</sup>
- Soluble dietary fibre supplements (e.g., PGX<sup>®</sup> or psyllium) help lower LDL cholesterol and also decrease blood sugar levels.<sup>19-21</sup>
- Substituting dietary legumes (i.e., beans, nuts, peas, lentils) for red meat helps improve blood sugar control and lower LDL cholesterol for individuals with blood sugar imbalance.<sup>22</sup>

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

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PRACTITIONER CONTACT INFORMATION:

## References

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