

Berber 500mg

500mg of pure *Berberis aquifolium*, standardized to 97% berberine content for powerful anti-microbial action, digestive support and blood sugar control.

Each capsule contains:

Oregon Grape extract (root, *Berberis aquifolium*) 97% berberine

500mg

60 vegetable capsules



Vegan. GMO, gluten, soy and dairy free.

Berberine is a plant alkaloid that possesses a number of powerful medicinal properties. It has traditionally been delivered as the active ingredient in goldenseal, Oregon grape and barberry extracts to provide broad-spectrum anti-microbial actions and digestive support. However, more recently its isolation and powerful application for blood sugar control, insulin resistance and cholesterol management have become evident.

When it comes to **berberine's** anti-microbial actions, research has found that it effectively combats bacteria, viruses, fungi and parasites. It achieves these antimicrobial actions through multiple mechanisms including the inhibition of microbial growth,

endotoxin formation, bacterial adhesion and viral replication. This allows for a truly broad-spectrum approach for patients with dysbiosis, chronic infections or exposure to multiple pathogenic microbes.

Berberine has a particularly affinity and beneficial action in the digestive tract. Evidence has shown that **berberine** can effectively treat symptoms of bacterial diarrhea and intestinal parasites. In addition, **berberine** can improve the integrity of tight junctions in the digestive tract and, therefore, positively affect intestinal permeability. Finally, **berberine** can regulate gastrointestinal motility and increase the gut production of butyrate, a short-chain fatty acid that provides fuel and anti-inflammatory support in the colon.

Key points

- Indicated as a broad-spectrum antimicrobial agent, digestive support aid and protective agent against blood sugar regulation and insulin resistance
- 500mg of *Berberis aquifolium* in each vegetable capsule, standardized to 97% berberine content

Regarding metabolic function, research has uncovered the vast application of **berberine** for insulin and blood sugar regulation. Double-blinded, placebo-controlled studies using **berberine** in those with existing medical conditions have found that it can reduce fasting blood sugar levels, insulin resistance, hemoglobin A1c, triglycerides, total cholesterol and LDL measures. Remarkably, these effects are considered comparable to oral hypoglycemic medications. Individuals

with non-alcoholic fatty liver have also seen comparable improvements in lipids, body mass index and insulin resistance, with significant improvements in liver fat content.

Cyto-Matrix's **Berber** contains 500mg of *Berberis aquifolium* (Oregon grape extract) per capsule, standardized to 97% berberine content to provide therapeutic support for healthy digestion, microbial balance, blood sugar regulation and metabolic control.

Related products

Cyto-Glutamine

DB-Matrix

Garlic Active Principles

IM-Matrix

Multi-Strain 11

Multi-Strain 50

Saccharo-B

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, silicon dioxide, microcrystalline cellulose. Capsule: hypromellose.

Indications: Provides support for healthy glucose metabolism and healthy cholesterol levels (serum triglyceride, total, and LDL). Helps to support cardiovascular health.

Directions: Adults - Take 1 capsule, 2 times per day at the beginning of each meal or as directed by a healthcare professional.

Duration Of Use: For use beyond 3 months, consult a healthcare professional.

Contraindications: Do not use if you are pregnant or breastfeeding.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you have diabetes, gall stones, hypoglycemia or hypotension, liver disorder or cardiovascular disease. Consult a healthcare professional if you are taking other medication or natural health product as berberine is known to affect the metabolism of numerous drug. If you experience symptoms of hypoglycemia such as feelings of anxiety, dizziness, tremor, sweating, nausea, headache, paleness, chills, confusion, discontinue use and consult a healthcare professional.

Known Adverse Reactions: May cause gastrointestinal irritation such as constipation, vomiting, abdominal pain or diarrhea, in which case, discontinue use and consult a healthcare professional.