



Code: 9231 **NPN:** 80062118
Size: 90 Vegetarian Capsules
Actual Size: 22.57 mm x 8.38 mm



Berberine HCl

**Maintains Healthy Glucose Metabolism
 Cardiovascular Health · 500 mg**

- Provides 500 mg berberine HCl per capsule, the dosing strength used in clinical trials for glucose and lipid control
- Hypoglycemic effects via multiple mechanisms, including enhancement of insulin sensitivity
- Favourable effects on blood lipids, including a reduction in triglycerides, and both total and LDL cholesterol⁹
- Activates Nrf-2, a key regulator of antioxidant gene transcription and prevention of glucose-induced neurotoxicity
- Extracted from *Berberis vulgaris* (European barberry)
- Suitable for vegetarians/vegans

PRODUCT SUMMARY

Traditionally used for gastrointestinal symptoms, berberine has emerged as a potent cardiometabolic aid with diverse benefits and mechanisms of action. It has hypoglycemic effects, via both an inhibition of alpha-glucosidase activity and an upregulation of insulin receptors in peripheral tissues, thereby improving insulin sensitivity.^{1,2} Furthermore, it activates Nrf2, a key regulator of cellular antioxidant defence, and attenuates glucose-induced neurotoxicity, suggesting a therapeutic potential for diabetic neuropathy.³

In controlled trials it reduced HbA1c levels in diabetic participants with comparable efficacy to metformin. Among participants with the metabolic syndrome it has been shown to reduce waist circumference and body weight, blood pressure, triglycerides, and improve insulin resistance compared to placebo, with similar benefits in women with PCOS.^{4,5} Berberine targets multiple cardiometabolic risk factors, as it has been shown to also lower total and LDL cholesterol among diabetic participants in several controlled trials.^{6,7} Additionally, a clinical trial comparing standard therapy with or without berberine among patients receiving percutaneous coronary intervention showed improvements in multiple inflammatory markers, including C-reactive protein, IL-6, MMP-9, ICAM-1, and VCAM-1.⁸



BERBERINE HCl

MAINTAINS HEALTHY GLUCOSE METABOLISM · CARDIOVASCULAR HEALTH · 500 MG

Serving Size: 1 Vegetarian Capsule

Servings per Container: 90

Each Capsule Contains:

Berberine (Hydrochloride) (*Berberis vulgaris*) (root) 500 mg

Non-medicinal Ingredients: Vegetarian capsule (cellulose, purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica, stearic acid.

Recommended Adult Dose: 1 capsule 2 times per day with meals or as directed by a health care practitioner. Consult a health care practitioner for use beyond 3 months.

Recommended Use: Provides support for healthy glucose metabolism, healthy blood lipid levels, and helps maintain cardiovascular health in adults.

Caution: Consult a health care practitioner if you have leucopenia, a kidney disorder, hypotension or blood pressure problems. Consult a health care practitioner prior to use if you have hypoglycemia or diabetes. 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.

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

Drug Interactions: Berberine has been shown to lower blood glucose levels, and may have an additive effect when combined with other hypoglycemic medications, such as metformin. Berberine has also been shown to increase levels of cyclosporin A, and combined use should be avoided.¹⁰ Berberine has demonstrated inhibitory activity on cytochrome enzymes CYP2D6, 3A4, and CYP2C9, and use of medications metabolized by these enzymes should be monitored.¹¹

Contains no artificial colours, 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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Berberine HCl – Maintains Healthy Glucose Metabolism 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*).¹
- It helps decrease blood cholesterol and blood sugar.^{2,3}
- It helps reduce body weight on average of 5 lb, or 2.67 kg in overweight population.⁴
- With additional healthy lifestyle changes, berberine may help reduce blood pressure.⁵

How to Use Berberine HCl

- 1 capsule 2 times per day with meals 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, hypotension or blood pressure problems. Consult a health care practitioner prior to use if you have hypoglycemia or diabetes.⁶ Do not use if you are pregnant or breastfeeding.⁷ May cause gastrointestinal discomfort such as constipation, vomiting, abdominal pain, or diarrhea, in which case discontinue use and consult a health care practitioner.⁸ 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.⁹ Consult a health care practitioner prior to use if you have low blood sugar (hypoglycemia), low blood pressure (hypotension), or reduced heart rate (bradycardia).^{10,11} As berberine increases the levels of the drug cyclosporin A, those who have had organ transplants should consult a health care practitioner before using this product.^{12,13} Berberine may inhibit cytochrome enzymes CYP2D6, 3A4, and CYP2C9, and use of medications metabolized by these enzymes should be monitored.⁹ 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.^{14,15}
- Just 250 mL (just over a cup) of beetroot juice helps support cardiovascular health.¹⁶
- Eating a handful of almonds (1.5 oz/42.52 g) daily not only helps reduce LDL cholesterol, but also reduces your waist size.¹⁷
- Learning various stress management techniques helps reduce blood pressure in the workplace by 10.6 mm Hg systolic (the top number) and 6.3 mm Hg in diastolic (the bottom number).¹⁸
- Stop smoking: Within one year of quitting, the risk of dying from smoking-related heart disease is cut by 50%.¹⁹
- Eating 10 g of ground flaxseed per day for just 30 days helps lower your fasting blood sugar by almost 20%.²⁰
- 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.²¹
- Soluble dietary fibre supplements (i.e., PGX or psyllium) not only help lower LDL cholesterol, but decrease blood sugar levels as well.^{22,23,24}
- Adopting a low-glycemic index diet also helps lower fasting blood sugar levels in certain conditions.²⁵
- Substituting dietary legumes (i.e., beans, nuts, peas, lentils) for red meat helps improve blood sugar control and lower LDL cholesterol in certain conditions.²⁶

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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