



Spectrum BR

Herbal Support for GI and Respiratory Tracts*

Spectrum BR is a high potency nutritional supplement to support the health of the gastrointestinal and respiratory tracts.* The herbal extracts contained in Spectrum BR are used in traditional Chinese medicine for their powerful antioxidant and anti-inflammatory properties.*¹

How Spectrum BR Works

The gastrointestinal tract is a critical indicator of overall health and well-being.*² Berberine is the dominant ingredient in Spectrum BR due to its notoriety as a medicinal alkaloid compound used to support GI health.*³ Berberine also is used in traditional Chinese medicine for its healthy anti-inflammatory response in the intestine.*⁴

The Spectrum BR Blend includes root extracts from ginger, licorice, rhubarb, skullcap, coptis, and phellodendron. Each of these ingredients has been used in traditional Chinese medicine and modern clinical applications to promote digestive and respiratory health.*^{5,6,7,8,9}

The formula is rounded out with mahonia root extract and an additional 30 mg of coptis root extract due to their exceptional anti-inflammatory and antioxidant properties.*^{10,11} Studies show both phytochemicals as having high free radical scavenging activity.*^{10,11}

The antioxidant and anti-inflammatory bioactive components of Spectrum BR include polyphenols, flavonoids, tannins, and vitamins to support optimal gastrointestinal and respiratory tract health.*^{12,13}

Spectrum BR Supplementation

The ingredients in Spectrum BR are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting the gastrointestinal and respiratory tracts.*

Clinical evidence and research cited herein shows that the ingredients in Spectrum BR may:

- Promote a healthy gastrointestinal tract*
- Promote a healthy respiratory tract*
- Promote healthy anti-inflammatory responses in the body*
- Support overall health and well-being*



Form: 90/180 Tablets

Serving Size: 2 Tablets

Ingredients	Amount	%DV
Berberine HCl	400 mg	*
Spectrum BR Blend:	300 mg	*
Ginger Root Extract (<i>Zingiber officinale</i>), Licorice Root Extract (<i>Glycyrrhiza glabra</i>), Chinese Rhubarb Root Extract (<i>Rheum officinale</i>), Chinese Skullcap Root Extract (<i>Scutellaria baicalensis</i>), Coptis Root Extract (<i>Coptis chinensis</i>), Phellodendron Bark Extract (<i>Phellodendron chinense</i>).		
Mahonia fortunei Root Extract 4:1	70 mg	*
Coptis Root Extract 12:1 (<i>Coptis chinensis</i>) (Berberine 5%)	30 mg	*

Other Ingredients:

Microcrystalline cellulose, tapioca starch, croscarmellose sodium, stearic acid, hydroxypropyl methylcellulose, vegetable magnesium stearate, silica, Opadry® Nutrapure™ certified organic coating, glycine.

Directions:

Take two tablets two to three times daily or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or nursing.

Caution: If taking medication including cyclosporine, consult your healthcare practitioner before use. Keep out of reach of children.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Salaga, M., Zatorski, H., Sobczak, M., Chen, C., & Fichna, J. (2014). Chinese herbal medicines in the treatment of IBD and colorectal cancer: A review. *Current Treatment Options in Oncology*, 15, 405-420.
2. Bahmani, M., Zargaran, A., & Rafieian-Kopaei, M. (2014). Identification of medicinal plants of Urmia for treatment of gastrointestinal disorders. *Brazilian Journal of Pharmacognosy*, 24, 468-480.
3. Feng, R., Shou, J.-W., Zhao, Z.-X., He, C.-Y., Ma, C., Huang, M., Fu, J. Tan, X.-S., Li, X.-Y., Wen, B.-Y., Chen, X., Yang, X.-Y., Ren, G., Lin, Y., Chen, Y., You, X.-F., Wang, Y., & Jiang, J.-D. (2015). Transforming berberine into its intestine-absorbable form by the gut microbial. *Scientific Reports*, 5.
4. Zhang, Q., Piao, X.-L., Piao, X.-S., Lu, T., Wang, D., & Kim, S. W. (2011). Preventive effects of *Coptis chinensis* and berberine on intestinal injury in rats challenged with lipopolysaccharides. *Food and Chemical Toxicology*, 49(1), 61-69.
5. Langmead, L., & Rampton, D. S. (2001). Review article: Herbal treatment in gastrointestinal and liver disease—benefits and dangers. *Alimentary Pharmacology & Therapeutics*, 15, 1239-1252.
6. Nanjundaiah, S. M., Annaiah, H. N. M., & Dharmesh, S. M. (2011). Gastroprotective effect of ginger rhizome (*Zingiber officinale*) extract: Role of gallic acid and cinnamic acid in H⁺, K⁺-ATPase/H. pylori inhibition and anti-oxidative mechanism. *Evidence-Based Complementary and Alternative Medicine*, 1-13.
7. Zheng, Q.-X., Wu, H.-F., Guo, J., Nan, H.-J., Chen, S.-L., Yang, J.-S., & Xu, X.-D. (2013). Review of rhubarbs: Chemistry and pharmacology. *Chinese Herbal Medicines*, 5(1), 9-32.
8. He, Z.-H., He, M.-F., Ma, S.-C., & But, P. P.-H. (2009). Anti-angiogenic effects of rhubarb and its anthraquinone derivatives. *Journal of Ethnopharmacology*, 121(2), 313-317.
9. Joshee, N., Patrick, T. S., Mentreddy, R. S., & Yadav, A. K. (2002). Skullcap: A potential medicinal crop. *Trends in New Crops and New Uses*. Alexandria, VA: ASHS Press.
10. He, J.-M., & Mu, Q. (2015). The medicinal uses of the genus *Mahonia* in traditional Chinese medicine: An ethnopharmacological, phytochemical and pharmacological review. *Journal of Ethnopharmacology*, 175, 668-683.
11. Schinella, G. R., Tournier, H. A., Prieto, J. M., Mordujovich de Buschiazzo, P., & Rios, J. L. (2002). Antioxidant activity of anti-inflammatory plant extracts. *Life Sciences*, 70(9), 1023-1033.
12. Adel, S., & Prakash, J. (2010). Chemical composition and antioxidant properties of ginger root (*Zingiber officinale*). *Journal of Medicinal Plants Research*, 4(24), 2674-2679.
13. Zhao, Q., Chen, X.-Y., & Martin, C. (2016). *Scutellaria baicalensis*, the golden herb from the garden of Chinese medicinal plants. *Science Bulletin*, 61(18), 1391-1398.