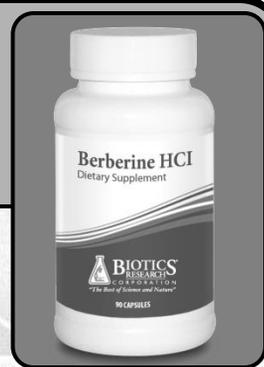


Berberine HCl

For Healthcare Professionals Only



Supplies Berberine HCl isolated from *Berberis vulgaris*.

Berberine is a bitter-tasting alkaloid present in the roots, rhizomes and stem barks of select plants including Barberry (*Berberis vulgaris*).¹ Berberine has a long history of use in both Chinese and Ayurvedic medicine, primarily to support gastrointestinal function. Berberine has demonstrated significant activity against a wide variety of organisms including a broad spectrum of bacteria, yeasts, fungus and parasites. Its mechanism of action is thought to result in part from its characteristic structure, which is that of a planar cationic molecule. This structural arrangement enables it to intercalate the DNA structure, similar in fashion to the mechanism of ethidium bromide.²

In addition, Berberine has been shown to be supportive of healthy blood sugar levels, including fasting and postprandial blood glucose, and HbA1c, as well.³ The mode of action is believed to result from its ability to modulate key molecules in the insulin signaling pathway, leading to increased glucose uptake in insulin-resistant cells.⁴

Berberine has also been shown to be supportive of normal blood lipid levels, with the apparent mode of action being described as an increase in the production of a receptor protein in the liver which binds LDL-cholesterol, preparing it for elimination.⁵

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Supplement Facts

Serving Size: 1 Capsule	Servings Per Container: 90	
	Amount Per Serving	% Daily Value
Berberine Hydrochloride	500 mg	*

* Daily Value not established

Other ingredients: Cellulose, capsule shell (gelatin and water), and magnesium stearate (vegetable source).

Berberine HCl is purified from *Berberis vulgaris*.

Recommended dosage is one (1) capsule each day with food as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: Not recommended for children, pregnant or lactating women, or those suffering from congestive heart failure.

References:

1. Berberine. *Altern Med Rev*. 2000;5(2):175-177.
2. Jennings BR, Ridler PJ. Interaction of chromosomal stains with DNA. An electrofluorescence study. *Biophys Struct Mech*. 1983;10(1-2):71-9.
3. Yin J, Xinga H, Yeb J. Efficacy of berberine in patients with type 2 diabetes mellitus. *Metabolism Clinical and Experimental*. 2008 57:712-717.
4. Liua L-Z, Cheunga SCK, Lana L-L, Hoa SKS, Xub H-X, Chana JCN, Tong PCY. Berberine modulates insulin signaling transduction in insulin-resistant cells. *Molecular and Cellular Endocrinology*. April 2010 317(1-2): 148-153.
5. Kong Weijia, et al. Berberine is a novel cholesterol-lowering drug working through a unique mechanism distinct from statins. *Nature Medicine*. 2004 10(12):1344-1351.



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