

# Berberine 500

## Metabolic Balance\*

Berberine is an alkaloid found in barberry, goldenseal, Oregon grape, and coptis. Our berberine is obtained from Indian barberry root extract (*Berberis aristata*), and is a pure, highly concentrated form (97%). Berberine supports healthy cholesterol within normal levels, normal blood sugar levels, and a normal balance of microbes in the respiratory and gastrointestinal tracts.\*

METABOLIC SUPPORT



#77281  
90 vegetarian capsules

### Key Features

- Pure, highly concentrated berberine HCl (97%)
- Supports normal, healthy blood sugar, and cholesterol within normal levels\*
- It also supports a normal balance of microbes in the respiratory and gastrointestinal tracts\*
- Berberine 500 is obtained from non-GMO Indian barberry, and contains no common allergens



800.545.9960  
info@allergyresearchgroup.com  
www.allergyresearchgroup.com





Barberry was originally found in the Himalayas and other areas in the Far East. Berberine is extracted from the root, whereas in the Ayurvedic tradition, barberry root, stem, and fruit are all utilized in various ways.

Since the first part of the 20th century, the microbial-balancing effects of berberine have been noted and studied in the West.\* In recent decades, research has also focused on its support for normal blood glucose levels and insulin sensitivity, as well as support for normal blood lipid levels.\* Preliminary research suggests it may be supportive for the normal, healthy function of the heart, gastrointestinal tract, and liver.\* Much of the research has centered on berberine's effects on blood sugar regulation and metabolism.\*

Among its many effects is that of providing powerful antioxidant activity.\* Berberine has potential to increase superoxide dismutase (SOD) activity, while also lowering levels of malondialdehyde and superoxide anion.\*

A typical dose found to be safe and effective in the studies is 500 mg, two to three times per day.\* Data from safety research done on humans showed no adverse effect on liver enzymes, typical blood parameters, kidney or cardiovascular function.\* Berberine may inhibit the activity of some cytochrome P450 (CYP) enzymes (CYP2D6, CYP2C9, and CYP3A4).

Our berberine is Non-GMO, and no common allergens are added to the ingredients.

Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving % Daily Value

Berberine HCl 97%  
(from Indian Barberry) (root)  
(*Berberis aristata*) 500 mg †

† Daily value not established.

Other ingredients: Hydroxypropyl methylcellulose, L-leucine, silicon dioxide, microcrystalline cellulose.

**Suggested Use:** As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

**Warning:** Individuals with diabetes or related conditions should monitor blood glucose levels, as berberine may lower them. Not recommended during pregnancy. Breastfeeding women, and children should use only under the supervision of a healthcare professional.