

# Berberine HCL



## Clinical Applications

- Supports Healthy Blood Sugar.\*
- Supports Healthy Insulin Levels.\*
- Supports Cardiovascular Function and Lipid Level.\*
- Supports Healthy Cholesterol\*

*Berberine HCl supplies Berberine HCl isolated from Berberis vulgaris (barberry). Berberine has a long history of use in both Chinese and Ayurvedic medicine to support normal glucose and/or lipid metabolism.*

All Omnivits Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Berberine** is a bitter-tasting alkaloid present in the roots, rhizomes and stem barks of select plants including Barberry (*Berberis vulgaris*).<sup>1</sup> 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.<sup>2</sup>

In addition, Berberine has been shown to be supportive of healthy blood sugar levels, including fasting and postprandial blood glucose, and HbA1c.<sup>3</sup> 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.<sup>4</sup> 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.<sup>5</sup>

**Berberine HCL** may be beneficial for the support of:

- Diabetes and pre-diabetes
- Insulin resistance/ hyperinsulinemia
- Elevated triglycerides
- Non-alcoholic fatty liver

Supplement Facts		
Serving Size: 1 Capsule		
	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*.**

**This product is gluten and dairy free.**

**Suggestion use:** One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Not recommended for children, pregnant or lactating women

## 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.

**\*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.**

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