

# Berberine HCl

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>

**Cautions: Berberine HCl** is not recommended for children, pregnant or lactating women, or those suffering

To place your order for **Berberine HCl** or for additional information please contact us below.

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.



**Berberine HCl** is available in 90 ounce bottles (#5212).

## 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.**

**RECOMMENDATION:** 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.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety seal for your protection.

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