

Berberine

*Gastrointestinal, Healthy Blood Glucose,
and Healthy Cholesterol Support*

Berberine is an alkaloid derived from a variety of plants such as Indian Barberry; these berberine-containing plants have been used traditionally in India and Europe for centuries to support health in a variety of ways. Today, berberine is being re-discovered as a powerful tool that not only supports the GI tract, but also positively influences other body systems including healthy blood glucose, and healthy cholesterol and triglyceride levels.*

Why Is Berberine Important?

Based on numerous peer-reviewed studies, this compound is in a class of its own because it deals with two big health concerns related to cardiovascular well-being. Clinical research shows that berberine can help support healthy blood glucose levels and healthy triglyceride and cholesterol levels already in normal ranges.*



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What Can Berberine Do For You?

Our bodies must balance the nutrients we ingest from our diets. In a perfect world, with perfectly balanced foods and nutrients, balanced levels of glucose, triglyceride, and cholesterol would not be an issue. But as we all know, the world isn't perfect.*

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body, and the body needs some cholesterol to function properly. However, as in all aspects of nutrition and physiology, the trick is to achieve the happy medium, the amount of cholesterol that supports functioning of cell membranes and so much more, while not having more cholesterol than necessary. Research has shown that berberine can help to maintain cholesterol levels that are already within the normal range.*

Glucose and **triglycerides** are important because they are the body's sources of energy. Living organisms extract energy from nutrients and either use it to perform work, like growth and reproduction, or store it for future use. These functions are performed by chemical reactions in the body collectively referred to as metabolism. Like all processes in the body, a complex set of systems is constantly working to maintain metabolic function within a specific range.*

One of the body's main sources of energy comes from carbohydrates in the form of **glucose**. After a meal, as food is digested and nutrients are absorbed, glucose moves through the lining of the small intestine and into the bloodstream, causing an increase in plasma glucose levels. Insulin and glucagon are hormones in the blood that work together to keep plasma glucose levels within an acceptable range. Insulin aids in the escort of glucose into the

cells, where it is then turned into energy. Berberine appears to help support normal ranges of healthy glucose levels in the blood by supporting the uptake of glucose from the blood into liver, fat, and muscle cells, regardless of insulin status or action.*

The other main source of energy is from fat in the form of **triglycerides**. Like glucose, unbalanced levels of triglycerides can be problematic. A common cause for high levels of triglycerides is an excess of carbohydrates in the diet. When we eat more carbohydrates or alcohol than we can immediately burn for energy, our body's only recourse is to convert them into triglycerides (fats) for storage. Similar to cholesterol, we want just the right amount of triglyceride to supply energy to our muscles, but not more than we need.*

Berberine has been shown in clinical trials to support healthy cholesterol and triglyceride levels and preliminary work with human cells in culture suggests that these effects may be partly through the activation of the enzyme AMP-activated protein kinase, or AMPK. This enzyme is a key component in the cellular regulation of triglyceride and cholesterol production as it contributes to cellular energy balance. Berberine helps your body to maintain healthy levels already within the normal range through effects on liver production of triglycerides and cholesterol.*

Healthy levels of blood sugar, cholesterol, and triglycerides are important for our health and well-being. Berberine is a unique compound that can help with not just one, but two important factors that affect cardiovascular health. Berberine is an important supplement to add to your regimen to maintain a healthful balance, and lifelong well-being.*



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