



***Multi-faceted botanical compound that supports healthy blood sugar metabolism, cardiovascular wellness and GI health***

## APPLICATIONS / BENEFITS

- Promotes enhanced glucose and insulin metabolism
- Helps maintain healthy cholesterol levels
- Supports healthy metabolic function
- Promotes intestinal health

## OVERVIEW

Berberine is a botanical compound found in plants including barberry, goldenseal, Oregon grape, and tree turmeric. Used in Ayurvedic and Chinese Medicine for hundreds of years, berberine's diverse benefits and mechanisms of action are also supported in modern research. Its primary mechanism is its ability to activate the enzyme Adenosine Monophosphate-Activated Protein Kinase (AMPK) while inhibiting Protein-Tyrosine Phosphatase 1B (PTP1B).

Clinical evidence shows that Berberine may help to support and promote glucose and lipid metabolism. Berberine is also an anti-bacterial and it may help to protect the gastrointestinal system from infections. Further, it promotes cellular antioxidant defense and exhibits anti-inflammatory effects.

**Patient One Berberine** supplies 500 mg berberine HCl per capsule, the dosage used in clinical trials for glucose and lipid control.

## RESEARCH

- Berberine has been shown to lower total and LDL cholesterol among diabetic participants in several controlled trials.
- In controlled trials berberine reduced HbA1c levels in diabetic participants with comparable efficacy to metformin. Among participants with the metabolic syndrome, berberine has been shown to reduce waist circumference and body weight, blood pressure,

triglycerides, and improve insulin resistance compared to placebo, with similar benefits in women with Polycystic Ovary Syndrome (PCOS).

- A clinical trial comparing standard therapy with or without berberine among patients receiving percutaneous coronary intervention showed improvements in multiple inflammatory markers.

## REFERENCES

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## Supplement Facts

**Serving Size: 1 Capsule**

**Servings Per Container: 60**

### Amount Per Serving

Berberine HCl (from Indian Barberry extract) ( <i>Berberis aristata</i> root)	500 mg*
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\* Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), leucine, rice flour

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule 1-2 times daily as a dietary supplement, preferably with a meal or shortly after, or as directed by a health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur.

**Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 [info@patientoneformulas.com](mailto:info@patientoneformulas.com) [patientoneformulas.com](http://patientoneformulas.com)

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

**Patient One**  
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