

Berberine Balance

DESCRIPTION

Berberine Balance supplies high potency berberine combined with alpha lipoic acid and grape seed extract for already healthy blood sugar and cardiovascular support. Grape seed extract is a well-known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function. †

FUNCTIONS

Berberine is a naturally occurring alkaloid and a primary constituent of several plants including barberry, goldenseal, and phellodendron. Recent studies indicate that berberine is a helpful supplement for maintaining cardiometabolic health. † Berberine has been shown to regulate glucose and lipid metabolism in vitro and in vivo. †

In vivo and in vitro experiments have also shown blood pressure support and vasorelaxatory effects of berberine. † The vascular sites for this activity of berberine are not completely clear. It seems that berberine acts on both the endothelium and the underlying vascular smooth muscle to induce vasorelaxation via multiple cellular mechanisms. Berberine’s history of usage in Ayurvedic and Chinese medicine dating back approximately 3,000 years has shown to help maintain a healthy microbial balance. †

Polyphenols, part of a broad class of bioflavonoids, are commonly found in grape seeds. One type, known as proanthocyanidins is highly regarded for their strong antioxidant properties, and for their functions in supporting the capillaries. † Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are involved in physiological processes. †

Alpha lipoic acid is a nutritional coenzyme that is involved in the energy metabolism of proteins, carbohydrates and fats, has physiological functions in blood glucose clearance, and is able to scavenge a number of free radicals. † This important coenzyme appears to be necessary for the normal transport of blood glucose into the cell. In addition, alpha lipoic acid has been shown to support AMP-activated protein kinase (AMPK), a major regulator of cellular energy metabolism. †

FORMULA (#201131)

Each vegetarian capsule contains:

Berberine HCl.....	500 mg
(from Berberis aristata extract, root)	
Alpha lipoic acid	50 mg
Grape Seed extract	50 mg

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

INDICATIONS

Berberine Balance is a useful dietary supplement for those individuals who wish to support blood glucose metabolism and/or cholesterol maintenance.

SUGGESTED USE

Adults take 1 capsule twice daily or as directed by your health care professional.

SIDE EFFECTS

May cause gastrointestinal adverse effects in some individuals.

Berberine may increase bilirubin levels. Berberine displaces bilirubin from albumin and increases total and unbound bilirubin concentrations.

DRUG INTERACTIONS: Berberine appears to undergo phase I hepatic metabolism. There is preliminary evidence that berberine might inhibit cytochrome P450 3A4, 2C9, 2D6 enzymes. Therefore, watch for an

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increase in the levels of drugs metabolized by these enzymes in patients taking berberine.

WARNING: DO NOT TAKE IF PREGNANT OR LACTATING

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Berberine Balance, visit douglaslabs.com

† 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.