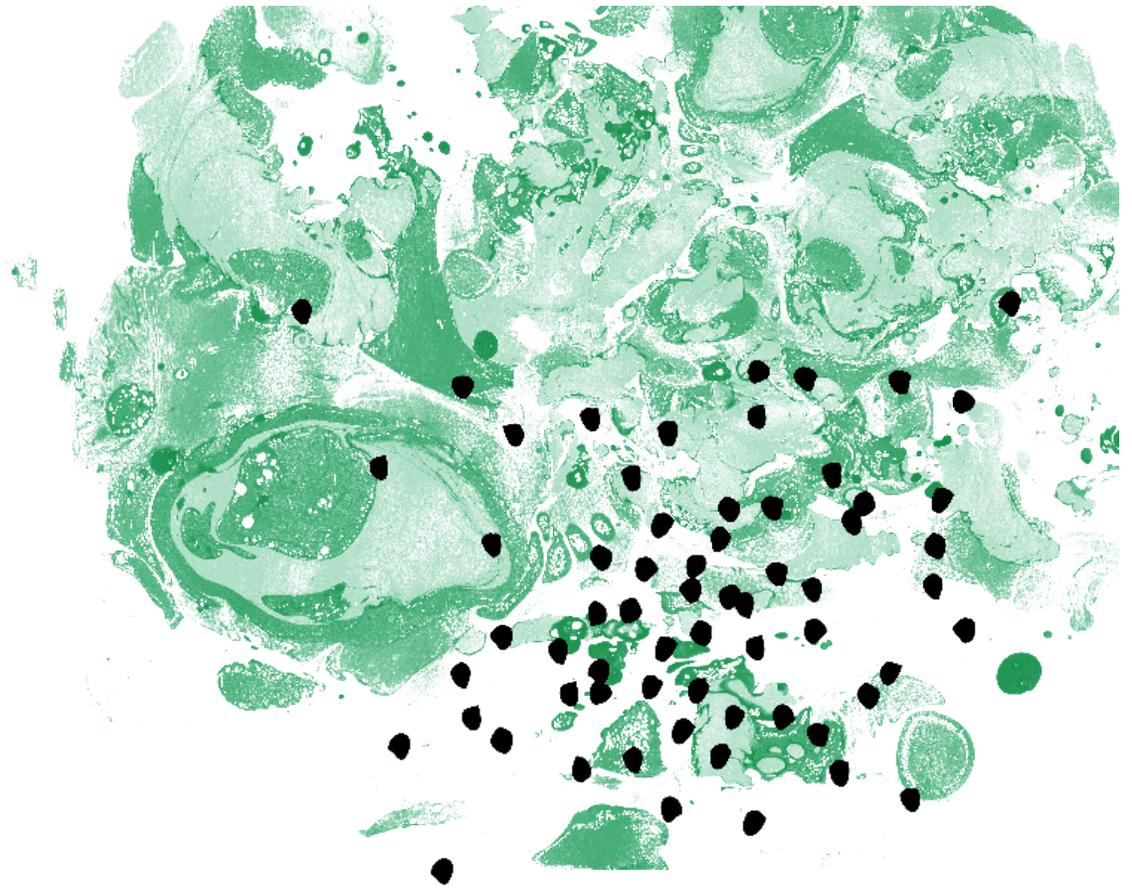


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# Berberine-500

High-dose Berberine for metabolic support\*

## A potent alkaloid with broad clinical applications\*

Berberine-500 contains an alkaloid from the *Berberis aristata* (Indian Barberry) plant. In fact, berberine is present in a number of plants, including *Berberis vulgaris* (barberry), *Berberis aquifolium* (Oregon grape), *Hydrastis canadensis* (goldenseal), and *Coptis chinensis* (goldthread).

Recent studies have shown this impressive alkaloid has beneficial actions on metabolic activities.\* As a potent regulator of intracellular metabolism, berberine affects cellular uptake of glucose, beta-oxidation of fatty acids, insulin sensitivity, and glucose transportation.\*

## Key nutritional features:

-  500-mg capsule provides a potent level of Berberine HCl
-  Helps metabolize intracellular hepatic fats\*
-  Promotes normal intestinal flora\*
-  Supports lipid metabolism including triglycerides and cholesterol\*
-  Helps to restore intestinal function\*
-  Supports insulin sensitivity and normal blood sugar metabolism\*

\*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.

## The science behind Berberine

### Metabolic Support

In one pilot study<sup>1</sup> and two placebo-controlled trials<sup>2,3</sup> of subjects with signs of metabolic syndrome, berberine (500 mg two to three times daily) helped maintain healthy cholesterol and triglyceride levels.\* Waist-to-hip ratio was decreased in women with polycystic ovary syndrome and insulin resistance.<sup>3\*</sup>

### Glucose Metabolism

Several studies demonstrate berberine at doses of 500 mg two or three times daily results in maintenance of healthy blood sugar levels, measured by fasting glucose, postprandial glucose, and HbA1c.<sup>4-6\*</sup>

### Cardiac support

In a randomized, placebo-controlled trial (n=156), berberine (1.2-2 g daily) supported healthy heart function and blood pressure.\* Those taking berberine also had better walking endurance compared to controls.<sup>7\*</sup>

## Who should take high-dose berberine?

Individuals who need help with:



Cardiovascular support\*



Triglyceride metabolism\*



Immune modulation\*



Glucose metabolism\*



Insulin sensitivity\*



Cognitive support\*



Cholesterol metabolism\*



Weight management\*



Balancing intestinal flora\*



### Berberine-500

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Heart/Vessels\*



Metabolism\*

SF800 / 60 Capsules

### SUPPLEMENT FACTS

Serving Size: Two Capsules  
Servings Per Container: 30

Two Capsules Contain:	%DV
Berberine HCl (from Indian Barberry extract) (root) ( <i>Berberis aristata</i> )	1 g *

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Laurate.

Berberis Concentrate Berberine HCl 85%.

Suggested Use: Take 1-2 capsules two times daily or as recommended by your health-care practitioner.

WARNING: If pregnant, nursing, or trying to conceive, do not use this product.

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## References

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800-228-1966 | support@thorne.com | thorne.com

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