



## BERBERINE IR™ Glucose Metabolism Support

Berberine IR naturally supports healthy blood glucose levels by up-regulating enzymes that trigger blood glucose metabolism. Utilizing a time-honored ingredient found in both Traditional Chinese and Ayurvedic formulas, Berberine IR works to support blood sugar balance and glucose metabolism through a unique cellular action. Berberine, a constituent of certain plants, helps activate a key enzyme that supports blood glucose metabolism, turning your cells from “idle” to “on” and helping them to use glucose efficiently.

Additionally, Berberine IR supports healthy gut performance to help combat endotoxins. High-carbohydrate diets change the microflora of the gut, increasing bacteria that produce endotoxins. These endotoxins are released into the bloodstream and interfere with normal glucose metabolism. Berberine specifically supports gut health by inhibiting the ability of endotoxins to bind to muscle cells, thus helping to support proper glucose metabolism function.

Its unique mechanism of action makes Berberine IR an excellent option for those who wish to start or strengthen their glucose management regimen. Support your body's ability to metabolize blood glucose with Berberine IR.

### BENEFITS

- Supports healthy glucose metabolism\*
- Supports gut health to combat endotoxins\*

### KEY INGREDIENTS

- **Berberine (*Berberis aristata*)**—This plant alkaloid can be extracted from a variety of herbs, including Oregon grape, Indian barberry, goldenseal and prickly poppy. Berberine has been recognized for its many beneficial properties as a phytonutrient. Its use can be traced to China nearly 5,000 years ago!

### RECOMMENDED USE

Take 1 capsule three times daily before a meal.

### COMPLEMENTARY PRODUCTS

Probiotic Eleven, Co-Q10–100 mg, Super Omega-3 EPA, CardioxLDL™

## FREQUENTLY ASKED QUESTIONS (FAQs)

### WHAT IS BERBERINE IR?

Berberine IR contains berberine, a plant alkaloid (naturally occurring chemical compound) found in a variety of plants such as Oregon grape, barberry, goldenseal, Chinese goldthread, prickly poppy and Californian poppy. In source plants, berberine is typically found abundantly in root, rhizome and bark tissue. Our source of berberine is Indian barberry.

### HOW DOES IT WORK?

Berberine IR naturally supports healthy blood glucose levels by up-regulating enzymes that trigger blood glucose metabolism. Berberine IR also helps reduce the levels of systemic endotoxins (lipopolysaccharides), a key trigger for a number of undesired biological effects. This ability explains why it can have so many reported beneficial properties.

### WHAT ROLE DOES ENDOTOXEMIA PLAY IN BLOOD SUGAR METABOLISM?

Diets high in carbohydrates can lead to increased growth of bacteria in the gut that produce large amounts of endotoxins. These endotoxins can enter the bloodstream and set off a systemic response that can cascade into numerous other problems, including interference with proper glucose metabolism. Current research suggests that Berberine IR can help selectively alter the gut bacteria and reduce the number of endotoxins produced, thus helping to support proper glucose metabolism.<sup>[1]</sup>

### CAN I TAKE BERBERINE IR IF I ALREADY TAKE ANOTHER NATURE'S SUNSHINE PRODUCT FOR GLUCOSE MANAGEMENT SUCH AS SUGARREG®?

As with all nutritional supplements, we recommend that you consult your physician prior to taking Berberine IR if you have any medical concerns.

BERBERINE IR™

### Glucose Metabolism Support

Product Stock Number: 1398-6 (90 capsules)

\*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.

| <b>Supplement Facts</b>  |               |
|--|---------------|
| Servings Per Container 90                                      |               |
| Serving Size 1 Capsule   |               |
| Amount Per Capsule   | % Daily Value |
| Berberine from Indian Barberry<br>( <i>Berberis aristata</i> ) | 335 mg†       |
| †Daily Value not established                                   |               |

Other Ingredients: Capsule (vegetable), cellulose (plant fiber), magnesium stearate (vegetable), silicon dioxide.

For more information, contact:



<sup>[1]</sup> X. Zhang, Y. Zhao, M. Zhang, X. Pang, J. Xu, C. Kang, M. Li, C. Zhang, Z. Zhang, Y. Zhang, et al., PLoS One 2012, 7, e42529.

NATURE'S SUNSHINE®