



Berberine Pro

Berberine is a natural compound extracted from various plants, including Berberis species. It has been used in traditional medicine for centuries and has gained attention in modern research for its wide range of potential health benefits. Here are some of the most notable benefits:

Blood Sugar Regulation

- **Improves Insulin Sensitivity:** Berberine helps improve the body's response to insulin, reducing insulin resistance.
- **Lowers Blood Sugar Levels:** It activates AMP-activated protein kinase (AMPK), a key enzyme involved in glucose metabolism, which can help lower blood sugar levels.

Supports Heart Health

- **Anti-arrhythmic Effects:** Some studies suggest it may help regulate heart rhythms.
- **Improves Blood Pressure:** It may help relax blood vessels, improving circulation and lowering blood pressure.

Promotes Weight Loss

- **Decreases Body Fat:** Studies have shown modest weight loss in people taking berberine supplements.
- **Aids Fat Metabolism:** Berberine enhances fat breakdown and helps regulate hormones like insulin and leptin, which play a role in fat storage and appetite.
- **Reduces Cholesterol:** Berberine can lower LDL ("bad") cholesterol and triglycerides while increasing HDL ("good") cholesterol.

Supports Gut Health

- **Antimicrobial Properties:** Berberine can help combat harmful bacteria, fungi, and parasites in the gut.
- **Improves Gut Microbiome:** It supports the balance of beneficial gut bacteria, which is essential for overall health.

Anti-Inflammatory Effects

- **Reduces Chronic Inflammation:** By inhibiting inflammatory pathways, berberine may help alleviate conditions associated with chronic inflammation, such as arthritis or metabolic syndrome.

Supports Liver Health

- **Reduces Fatty Liver:** Berberine has been shown to help reduce liver fat in individuals with non-alcoholic fatty liver disease (NAFLD).
- **Enhances Detoxification:** It may improve liver enzyme levels and support the body's natural detox processes.

Antioxidant Properties

- **Neutralizes Free Radicals:** Berberine has antioxidant effects that protect cells from oxidative stress and damage.
- **Antimicrobial and Antiviral Activity:** Combats Infections: Berberine is effective against bacteria, viruses, fungi, and parasites, making it useful for conditions like urinary tract infections (UTIs) and respiratory infections.

May Reduce Cancer Risk

- **Inhibits Tumor Growth:** Preliminary studies suggest berberine may slow the growth of certain types of cancer cells and reduce metastasis, though more research is needed.

May Improve Polycystic Ovary Syndrome (PCOS)

- Berberine has been found beneficial for women with PCOS by improving insulin sensitivity, regulating hormones, and aiding weight loss.

May Enhance Cognitive Health

- **Neuroprotective Effects:** Berberine may improve brain function and protect against age-related cognitive decline by reducing inflammation and oxidative stress in the brain.

Supplement Facts

Serving Size: 1 capsule

Serving per container: 120

	Amount Per Serving	% Daily Value
Berberine HCL	500 mg	*
Grapeseed Extract	50 mg	*
L-Lipoic Acid	25 mg	*
Methylfolate	.2 mg	*

*Daily value not established

Other Ingredients: Vegetarian Capsule, Rice Bran Extract.

Hypoallergens: Contains no artificial colors, flavors, or preservatives.

Recommended Dosage

The typical dose ranges from 500–1,500 mg per day, divided into 2-3 doses with meals. However, consult a healthcare provider for personalized advice.

WARNINGS:

While berberine has many potential benefits, it's essential to use it responsibly.

- **Potential Side Effects:** May include gastrointestinal discomfort, constipation, or diarrhea.
- **Interactions:** Berberine can interact with medications, such as those for diabetes, high blood pressure, and blood thinners.
- **Pregnancy and Breastfeeding:** Not recommended due to limited safety data.

*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.

2025 Dr. Dale Wellness Brand, owned and distributed by DMD Natural Medicine