



BERBERINE HCL

- Healthy Glucose Metabolism*
- Metabolic Support

Berberis Aristata



Berberine is a naturally-occurring plant extract that helps enhance glycogen stores and supports healthy digestion. Allmax's Berberine contains the most researched form - Berberine HCL.*

Supplement Facts

Serving Size	1 Capsule	
Servings Per Container	30	
Amount Per Serving		% Daily Value
Berberine HCL (<i>Berberis aristata</i> , bark) (90% Active Berberine)	500 mg	†

† Daily Value not established.

OTHER INGREDIENTS: Vegan caps (Hypromellose), Microcrystalline cellulose, Magnesium stearate.

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Clinical studies have shown Berberine HCL supplementation [1,2,3,4,5]:

- Promotes healthy blood sugar metabolism and insulin sensitivity*
- Can contribute to maintaining a healthy weight*
- Supports immune function and the maintenance of healthy respiratory tract mucus membranes*
- Aids in maintaining beneficial bacterial balance in the gut and a healthy microbiome*
- Helps maintain healthy cholesterol levels*

References

- [1] Dong, H., Wang, N., Zhao, L., Lu, F., Berberine in the treatment of type 2 diabetes mellitus: a systemic review and meta-analysis. Evidence-Based Complementary and Alternative Medicine, vol. 2012, Article ID 591654, 12 pages, 2012. doi:10.1155/2012/591654.
- [2] Zhang, Y., Li, X., Zou, D., Liu, W., Yang, J., Zhu, N., ... & Li, M. (2008). Treatment of type 2 diabetes and dyslipidemia with the natural plant alkaloid berberine. Journal of Clinical Endocrinology & Metabolism, 93(7), 2559-2565.
- [3] Dong, H., Zhao, Y., Zhao, L., Lu, F., The efficacy of berberine in patients with type 2 diabetes mellitus: A meta-analysis. Medicine 2017; 96: e8541.
- [4] Zhang, H., Wei, J., Xue, R., Wu, J. D., Zhao, W., Wang, Z. Z., ... & Wang, S. K. (2012). Berberine lowers blood glucose in type 2 diabetes mellitus patients through increasing insulin receptor expression. Metabolism, 59(2), 285-292.
- [5] Lan, J., Zhao, Y., Dong, F., Yan, Z., Zheng, W., Fan, J., ... & Wang, J. (2015). Meta-analysis of the effect and safety of berberine in the treatment of type 2 diabetes mellitus, hyperlipemia and hypertension. Journal of Ethnopharmacology, 161, 69-81.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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