

Berber - 500mg

500mg of pure Berberis aquifolium, standardized to 97% berberine content for powerful anti-microbial action, digestive support and blood sugar control.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Indicated as a broad-spectrum antimicrobial agent, digestive support aid and protective agent against blood sugar regulation and insulin resistance
- 500mg of Berberis aquifolium in each vegetable capsule, standardized to 97% berberine content

Berberine is a plant alkaloid that possesses a number of powerful medicinal properties. It has traditionally been delivered as the active ingredient in goldenseal, Oregon grape and barberry extracts to provide broad-spectrum anti-microbial actions and digestive support. However, more recently its isolation and powerful application for blood sugar control, insulin resistance and cholesterol management have become evident.

When it comes to berberine's anti-microbial actions, research has found that it effectively combats bacteria, viruses, fungi and parasites. It achieves these antimicrobial actions through multiple mechanisms including the inhibition of microbial growth, endotoxin formation, bacterial adhesion and viral replication. This allows for a truly broad-spectrum approach for patients

with dysbiosis, chronic infections or exposure to multiple pathogenic microbes.

Berberine has a particularly affinity and beneficial action in the digestive tract. Evidence has shown that berberine can effectively treat symptoms of bacterial diarrhea and intestinal parasites. In addition, berberine can improve the integrity of tight junctions in the digestive tract and, therefore, positively affect intestinal permeability. Finally, berberine can regulate gastrointestinal motility and increase the gut production of butyrate, a short-chain fatty acid that provides fuel and anti-inflammatory support in the colon.

Regarding metabolic function, research has uncovered the vast application of berberine for insulin and blood sugar regulation. Double-blinded, placebo-controlled studies using berberine in those with existing medical conditions have found that it can reduce fasting blood sugar levels, insulin resistance, hemoglobin A1c, triglycerides, total cholesterol and LDL measures. Remarkably, these effects are considered comparable to oral hypoglycemic medications. Individuals with non-alcoholic fatty liver have also seen comparable improvements in lipids, body mass index and insulin

resistance, with significant improvements in liver fat content.

Cyto.Matrix's Berber contains 500mg of *Berberis aquifolium* (Oregon grape extract) per capsule, standardized to 97% berberine content to provide therapeutic support for healthy digestion, microbial balance, blood sugar regulation and metabolic control.

Each capsule contains

Berberine	500mg
(root, <i>Berberis aquifolium</i>)	

Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose, silicon dioxide.

Recommended Use Claim

Provides support for healthy glucose metabolism. Helps support healthy cholesterol levels (serum triglyceride, total, and LDL). Helps to support cardiovascular health.

Directions of Use

Adults (18 years and older) - Take 1 capsule, 2 times per day at the beginning of each meal. Consult a healthcare professional for use beyond 3 months.

Cautions and Warnings

Do not use if • you are pregnant • you are breastfeeding. Consult a healthcare professional prior to use if • you have diabetes • you have gall stones • you have hypoglycemia • you have hypotension • you have a liver disorder • you have cardiovascular disease • you are taking other medications or natural health products as berberine is known to affect the metabolism of numerous drugs. Stop use and consult a healthcare professional if you experience symptoms of hypoglycemia such as feelings of • anxiety • dizziness • tremor • sweating • nausea • headache • paleness • chills • confusion. May cause gastrointestinal discomfort such as • constipation • vomiting • abdominal pain • diarrhea; in which case, discontinue use and consult a healthcare professional. Keep out of reach of children.