

## Berberine Balance

NPN 80093369

### DESCRIPTION

Berberine Balance supplies high-potency berberine combined with alpha lipoic acid and grape seed extract for blood sugar and cardiovascular support. Grape seed extract and lipoic acid are well-known antioxidants.

### FUNCTIONS

Berberine is a naturally occurring alkaloid and a primary constituent of several plants including barberry, goldenseal, and phellodendron. Recent studies indicate that berberine is a helpful supplement for maintaining cardiometabolic health. Berberine has been shown to regulate glucose and lipid metabolism *in vitro* and *in vivo*.

*In vivo* and *in vitro* experiments have also shown cardiovascular benefits of berberine, including vasorelaxatory effects. While the vascular sites for this activity are not completely clear, it seems that berberine acts on both the endothelium and the underlying vascular smooth muscle to induce vasorelaxation via multiple cellular mechanisms. Berberine also has a long history of usage in Ayurvedic and Chinese medicine dating back approximately 3,000 years.

Polyphenols, part of a broad class of bioflavonoids, are commonly found in grape seeds. Proanthocyanidins are a class of polyphenols that are highly regarded for their strong antioxidant properties. Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are involved in physiological processes.

Alpha-lipoic acid is unique among biological antioxidants because it is soluble in both water and lipids. This allows it to neutralize free radicals just about everywhere in the body, inside and outside the cells. Alpha-lipoic acid can also recharge other antioxidant systems throughout the body, extending the activity of vitamins C and E, and regenerating glutathione. Because alpha-lipoic acid is involved in so many different antioxidant functions in virtually all body tissues, it has been called the "universal antioxidant."

### INDICATIONS

- Healthy glucose metabolism
- Cholesterol maintenance
- Cardiovascular support

### FORMULA (#201131-60HYC-C)

Each Capsule Contains:

Berberine (berberine hydrochloride from <i>Berberis aristata</i> root) .....	450 mg
DL-Alpha-Lipoic Acid .....	50 mg
Grape Seed Extract ( <i>Vitis vinifera</i> ) (95% oligomeric proanthocyanidins).....	50 mg

Non-medicinal ingredients: Hypromellose (capsule), hypromellose, magnesium stearate, silica.

### SUGGESTED USAGE

Adults: Take 1 capsule 2 times daily or as directed by your healthcare practitioner. Consult your healthcare practitioner for use beyond 3 months.

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### RISK INFORMATION

Do not use if you are pregnant or breastfeeding. Consult your healthcare practitioner prior to use if you have diabetes, liver disease, hypoglycemia, hypotension or leucopenia. Stop use and consult your healthcare practitioner if you experience sweating, paleness, chills, headache, dizziness or confusion, or if gastrointestinal discomfort such as constipation, vomiting, abdominal pain or diarrhea occur.

### STORAGE

Keep out of the reach of children. Store in a cool, dry place.

### REFERENCES

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**For more information on Berberine Balance visit [douglaslabs.ca](http://douglaslabs.ca)**

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