Berberine Balance

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 is a well known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function.

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 and is considered effective and safe. Berberine has been shown to regulate glucose and lipid metabolism in vitro and in vivo. In several clinical trials, berberine supplementation for three months resulted in healthy blood glucose and cholesterol levels. In vivo and in vitro experiments have also shown blood pressure support and vasorelaxatory effects of berberine. Nevertheless, the vascular sites for this activity of berberine are not clear. It seems that berberine acts on both the endothelium and the underlying vascular smooth muscle to induce vasorelaxation via multiple cellular mechanisms. Berberine’s history of usage in Ayurvedic and Chinese medicine dating back approximately 3,000 years has shown to help maintain a healthy microbial balance.

Polyphenols, part of a broad class of bioflavonoids, are commonly found in grape seeds. One type of polyphenols known as proanthocyanidins is highly regarded for their strong antioxidant properties, and for their functions in supporting the capillaries. Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are involved in inflammatory processes.

Alpha lipoic acid is a nutritional coenzyme that is involved in the energy metabolism of proteins, carbohydrates and fats, has physiological functions in blood glucose clearance, and is able to scavenge a number of free radicals. This important coenzyme appears to be necessary for the normal transport of blood glucose into the cell. This may be explained by its functions in the glucose-metabolizing enzymes, PDH and alpha-KGDH, but some researchers suspect a more direct role in cellular glucose uptake at the cell membrane.

FORMULA (#201131)
Each vegetarian capsule contains:
Berberine HCl ............................................................. 500 mg
(from Berberis aristata extract, root)
Alpha lipoic acid .......................................................... 50 mg
Grape Seed extract ......................................................... 50 mg

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

INDICATIONS
Berberine Balance is a useful dietary supplement for those individuals who wish to support blood glucose metabolism and/or cholesterol maintenance.

SUGGESTED USE
Adults take 1 capsule twice daily or as directed by your health care professional.

SIDE EFFECTS
May cause gastrointestinal adverse effects in some individuals. Berberine may increase bilirubin levels. Berberine displaces bilirubin from albumin and increases total and unbound bilirubin concentrations.
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DRUG INTERACTIONS: Berberine appears to undergo phase I hepatic metabolism. There is preliminary evidence that berberine might inhibit cytochrome P450 3A4, 2C9, 2D6 enzymes. Therefore, watch for an increase in the levels of drugs metabolized by these enzymes in patients taking berberine.

WARNING: DO NOT TAKE IF PREGNANT OR LACTATING

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES


Kong W, et al. Berberine is a novel cholesterol-lowering drug working through a unique mechanism distinct from statins. Nat J Cardiol 2003;92:1344-51..

Zeng XH, Zeng XJ, Li YY. Efficacy and safety of berberine for congestive heart failure secondary to ischemic or idiopathic dilated cardiomyopathy. Am J Cardiol 2003;92:173-6


For more information on Berberine Balance, visit douglaslabs.com

† 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.