

SUGGESTED USE Consume one or two capsules three times daily, preferably with meals or as recommended by your physician. There is no need to consume more than six capsules daily. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

WARNING This product is not intended for use by children, pregnant or lactating women. Consult with a health care professional before use if you are taking any prescription medication or are being treated for any medical condition.

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BERBERINE 250

BARBERRY ROOT EXTRACT
BLOOD SUGAR BALANCE • CHOLESTEROL SUPPORT



360 Easy-to-Swallow Capsules

Andrew Lessman's BERBERINE 250 provides a standardized extract of Berberine from the root of the Barberry plant. It is intended for those seeking to naturally support healthy blood sugar and cholesterol metabolism. Like Turmeric, Berberine's bright yellow color has made it a popular natural coloring agent throughout Asia for thousands of years. Also like Turmeric, Berberine has been respected for centuries as an important traditional medicine. Modern science and research have validated the wisdom of many traditional medical practices, including the use of Berberine. Among its many beneficial properties, researchers have studied Berberine's ability to naturally promote healthy blood sugar balance and metabolism while also promoting healthy blood lipid and cholesterol metabolism. As a society, our expanding waistlines have only increased our concerns regarding blood sugar and cholesterol. Our Berberine extract provides a natural means of supporting our efforts toward more balanced blood sugar, lipids and cholesterol.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	30 mg	33%
Magnesium (as magnesium oxide)	120 mg	28%
Berberine HCl (from Berberis spp. (root) extract)	250 mg	†
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		
Other Ingredients: Natural plant cellulose (acid resistant) vegetarian capsule.		