

Berberine is a quaternary ammonium salt from the protoberberine group of isoquinoline alkaloids. It is found in a wide variety of plants including goldenseal, yellowroot, and prickly poppy. When taken as a supplement it provides a wide array of health benefits including managing blood glucose levels, lowering cholesterol, supporting cardiovascular health, and is neuroprotective.

**Suggested Use:** When used as a supplement, take 2-4 500 mg capsules per day, divided into three or four total doses. It is not recommended that more than 1 capsule be taken at one time as taking too much Berberine at once can cause adverse side effects. Berberine should be taken along with, or directly after a meal in order to maximize its beneficial impact on blood glucose levels.

**Storage:** Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.



# BERBERINE

500 mg

- \* Supports cardiovascular & mental health
- \* Helps manage blood glucose levels

60 Capsules  
Dietary Supplement

Supplement Facts  
Serving Size: 1 Capsule  
Servings Per Container: 60

Ingredient	Amount per Serving	Daily Value
Berberine	500mg	1

\*Daily Value not established  
Other Ingredients: Gelatin, Cellulose, Magnesium Stearate

**WARNING:** Consult your physician before taking this product. Do not consume more than 4 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Berberine and operate any heavy machinery until you know how it affects you. Keep out of reach of children.

\* 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.

Manufactured for:  
Double Wood LLC  
[www.doublewoodsupsupplements.com](http://www.doublewoodsupsupplements.com)

PO BOX 344  
200 Mill St  
Danville, PA 17821