

## BERBERINE

Written by Julie Cottrell, MS, RD, LD

### **Berberine: A Powerful Supplement With Many Health Benefits**






“A compound called berberine is one of the most effective natural supplements available. It has very impressive health benefits, and affects your body at the molecular level. Berberine has been shown to lower blood sugar, cause weight loss and improve heart health, to name a few. It is one of the few supplements shown to be as effective as a pharmaceutical drug.”

-Excerpt from Healthline article titled, “[Berberine: A Powerful Supplement With Many Health Benefits](#)” which outlines the potential health benefits of berberine, plus provides other useful details, some of which are also highlighted here in this handout.

### **POTENTIAL USES FOR BERBERINE:**

- Weight loss
- Improved blood sugar
- Improved insulin sensitivity
- Improved gut health/increased number of beneficial bacteria in the gut
- Improved cholesterol (decreased total cholesterol, LDL cholesterol and triglycerides)
- May reduce apolipoprotein B
- Has antioxidant/antiinflammatory effects
- May reduce the build-up of fat in the liver
- May reduce the growth and spread of some cancers
- It fights against harmful microorganisms; may decrease potential for infections

### **Examples of Quality Supplement Brands:**

<a href="#">WellBetX</a>	<a href="#">Thorne</a>	<a href="#">Pure Encapsulations</a>	<a href="#">Whitaker</a>	<a href="#">Myoxcience</a>
				
500 mg Berberine HCl per capsule	500 mg Berberine HCl per capsule	350 mg Berberine HCl per capsule	500 mg Berberine HCl per capsule	500 mg Berberine HCl per capsule
No artificial colors, preservatives or sweeteners.	No additional active ingredients	Also contains ALA, resveratrol & chromium	No additional active ingredients	Also contains ALA and biotin
Take 1 capsule twice per day with meals.	Take 1 capsule 1-3 times daily with meals.	Take 1 capsule 1-3 times daily with meals.	Take 1 capsule 1-3 times daily with meals.	Take 1 capsule 1-3 times daily with meals.

## HOW TO TAKE IT

### **Berberine HCl**

Most formulations use berberine HCl (check the ingredients to see). All above examples use this form of berberine. Most studies show positive benefits when berberine HCl is taken in 400–500 mg doses with meals, 2–3 times daily. This is similar to how you take metformin, a diabetes medication which has similar effects.

### **Dihydroberberine**

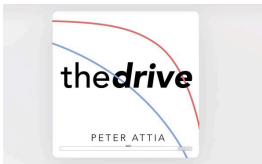
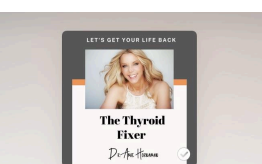
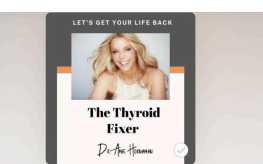
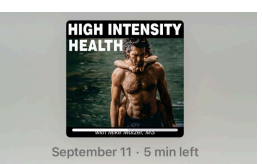
Dihydroberberine is now becoming available. It is needed in smaller doses, usually 150–200 mg just once per day. Genius brand (right) uses this formulation.

Click [this link](#) to learn more about it.



## TO LEARN MORE ABOUT BERBERINE

### **PODCASTS:**

 <p>Nov 1, 2019 · 1 min left  <b>Qualy #52 - Insights about berberine</b>          The Peter Attia Drive &gt;</p>	 <p>July 2 · 10 min  <b>112. Berberine and Metformin for Anti-Aging</b>          The Thyroid Fixer &gt;</p>	 <p>Nov 23, 2020 · 21 min  <b>Berberine for Weight Loss</b>          The Thyroid Fixer &gt;</p>	 <p>September 11 · 5 min left  <b>Berberine HCl, Insulin Resistance and Gut Bacteria: Scientists Discover New Synergism with Probiotics and More</b>          High Intensity Health with Mike Mut... &gt;</p>
<p><b>The Drive Podcast</b>          Dr. Peter Attia discusses berberine in this short podcast. His favorite feature is that it can reduce LDL cholesterol in some people.          Click <a href="#">here</a> to listen.          5 minutes</p>	<p><b>The Thyroid Fixer Podcast</b>          Dr. Amie Hornaman discusses “Berberine and Metformin for Anti-Aging”          Click <a href="#">here</a> to listen.          9 minutes</p>	<p><b>The Thyroid Fixer Podcast</b>          Dr. Amie Hornaman discusses “Berberine for Weight Loss”; plus many other benefits of berberine are also named/discussed.          Click <a href="#">here</a> to listen.          20 minutes</p>	<p><b>High Intensity Health Podcast</b>          Mike Mutzel shares some potential benefits of pairing berberine with probiotics for improved gut and metabolic health.          Click <a href="#">here</a> to listen.          10 minutes</p>

### **RESEARCH ARTICLES:**

- [NIH Article: Metformin and berberine, two versatile drugs in treatment of common metabolic diseases](#)
- [NIH Article: Efficacy of Berberine in Patients with Type 2 Diabetes](#)
- [NIH Article: Study Progress of Berberine for Treating Cardiovascular Disease](#)
- [Berberine + turmeric in cancer treatment: Combination treatment of berberine and solid lipid curcumin particles increased cell death and inhibited PI3K/Akt/mTOR pathway of human cultured glioblastoma cells more effectively than did individual treatments](#)