



All About Berberine

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A close-up photograph of pink flowers, likely gerberas, with water droplets on their petals and stems. The image is partially obscured by a teal-colored banner that contains text.

**Berberine is found in nature in
the following plants:**

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**European barberry, Goldenseal,
Goldthread, Oregon grape,
Phellodendron, and Tree tumeric.**

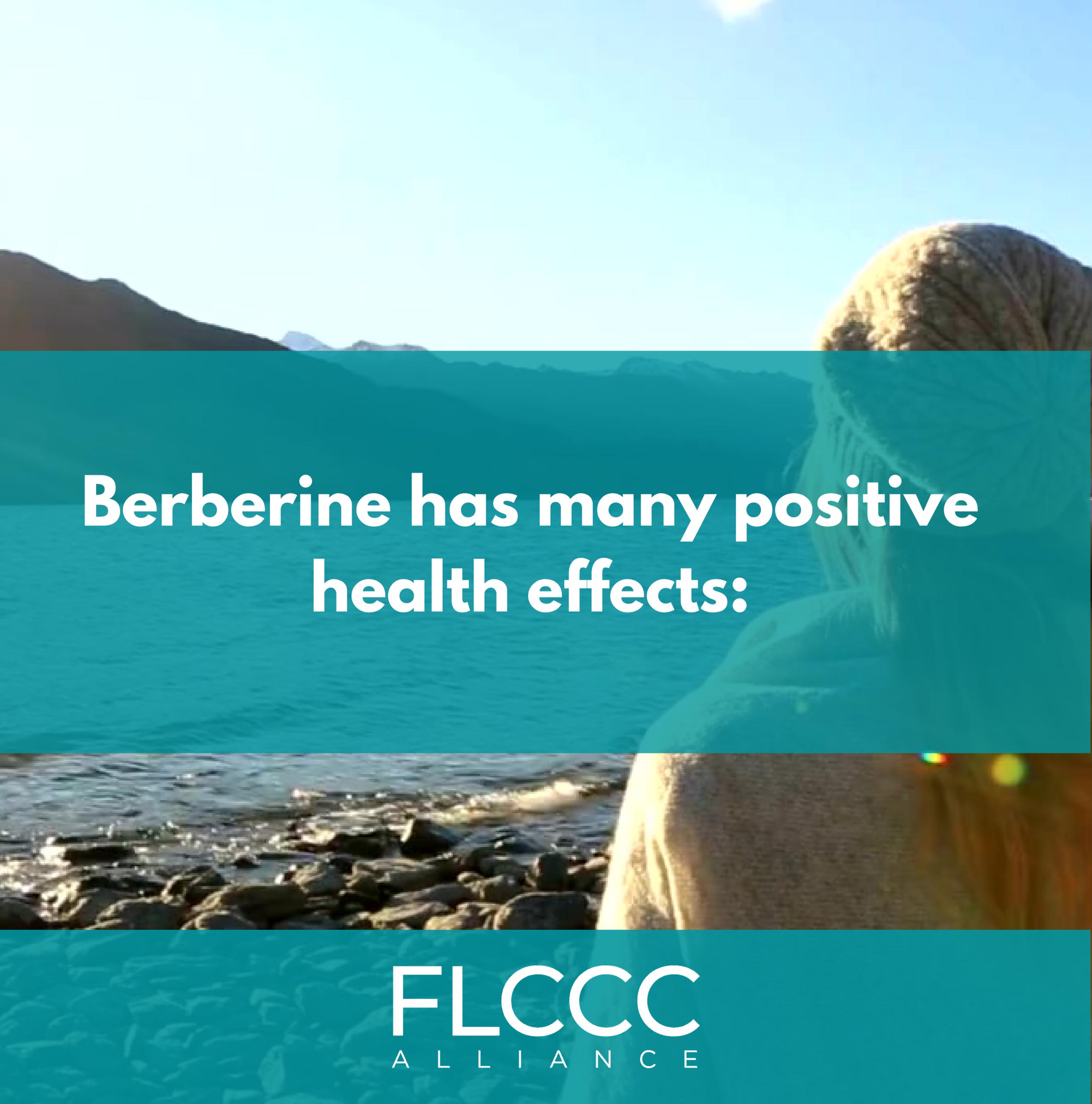


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A hand holding a blue insulin pen over a glucose meter on a wooden surface. The background is a soft-focus light blue. A teal semi-transparent banner is overlaid across the middle of the image, containing white text.

Berberine has been used in Eastern medicine for years to treat Diabetes mellitus.

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A woman wearing a brown hijab is shown in profile, looking out towards a rocky coastline. The background features a clear blue sky, a body of water, and a range of mountains. The scene is captured in a cinematic style with soft lighting.

**Berberine has many positive
health effects:**

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1

Diabetes

Helps reduce blood sugar levels.

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2

Helps lower cholesterol by:

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- Lowering total cholesterol
- Lowering LDL "bad" cholesterol
- Increasing HDL "good" cholesterol



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3

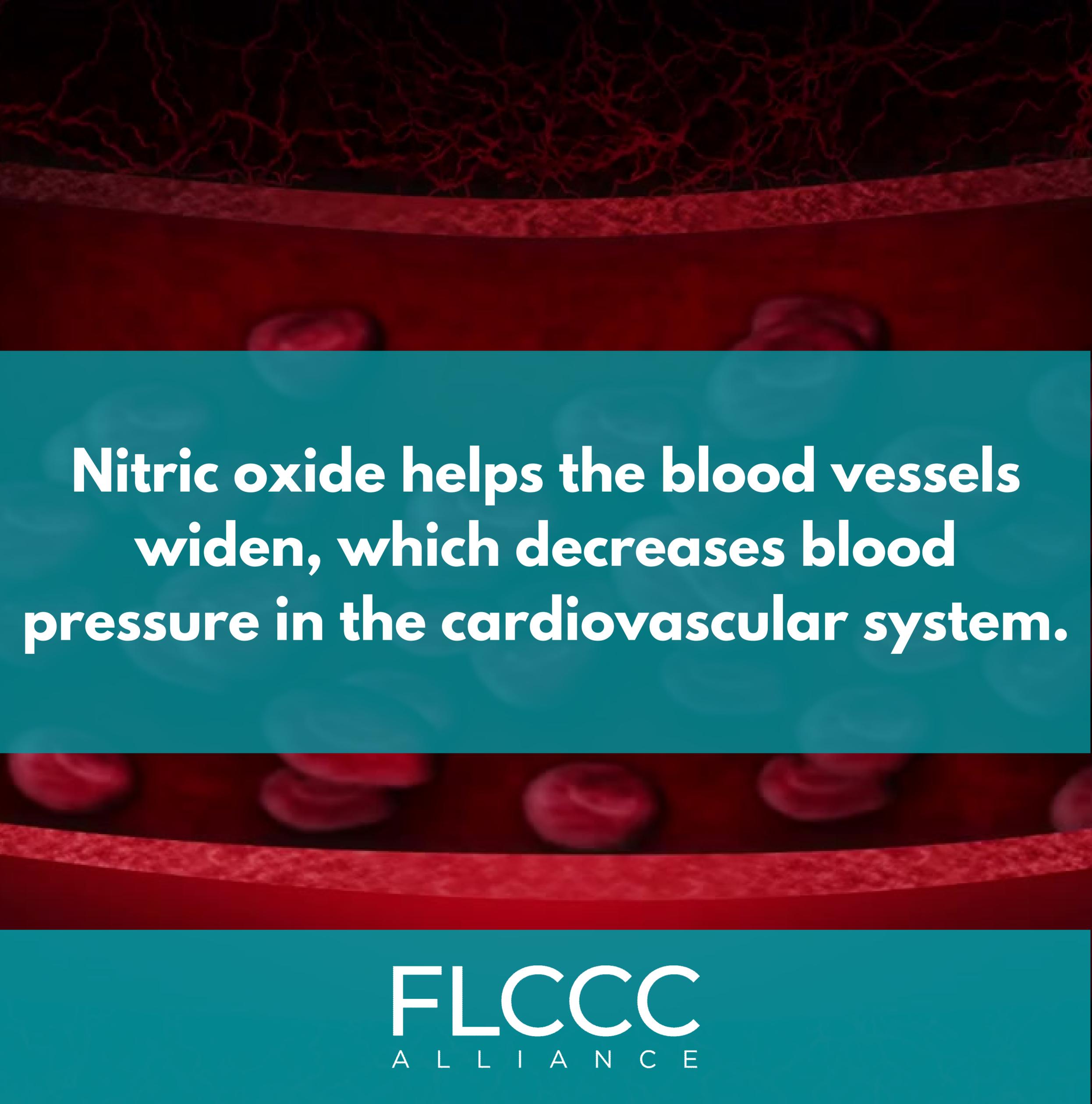
**Supports the mitochondria
in the cells.**

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4

Helps lower blood pressure by increasing nitric oxide production in the inner tissue lining of the blood vessels.

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A microscopic view of a blood vessel. The vessel wall is visible at the top and bottom, with a network of capillaries above and red blood cells below. A teal banner is overlaid in the center.

Nitric oxide helps the blood vessels widen, which decreases blood pressure in the cardiovascular system.

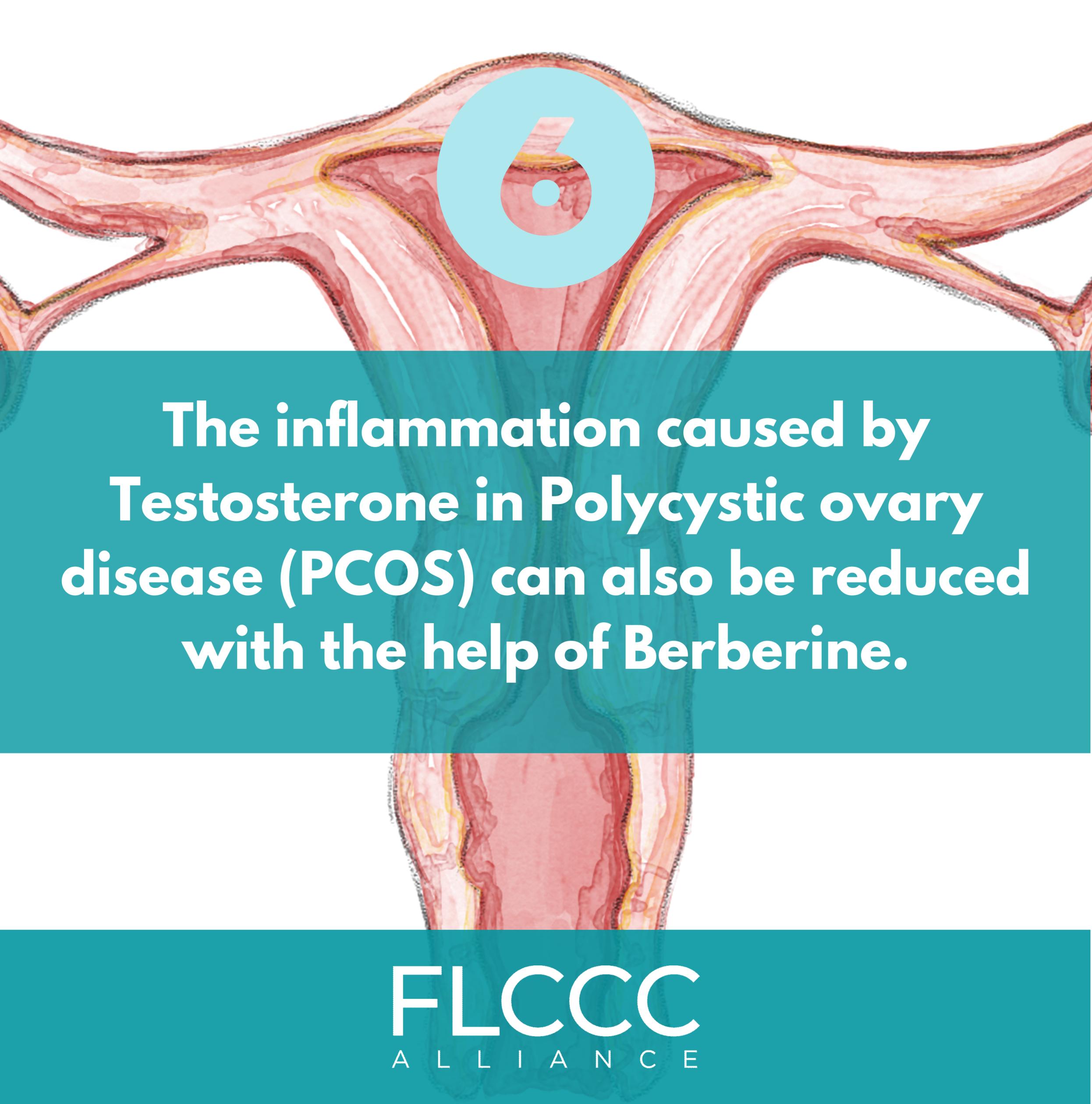
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A microscopic view of the gut lining, showing a layer of reddish, rounded cells. Numerous small, blue, rod-shaped bacteria are scattered throughout the scene, some attached to the cells and others floating in the space.

5

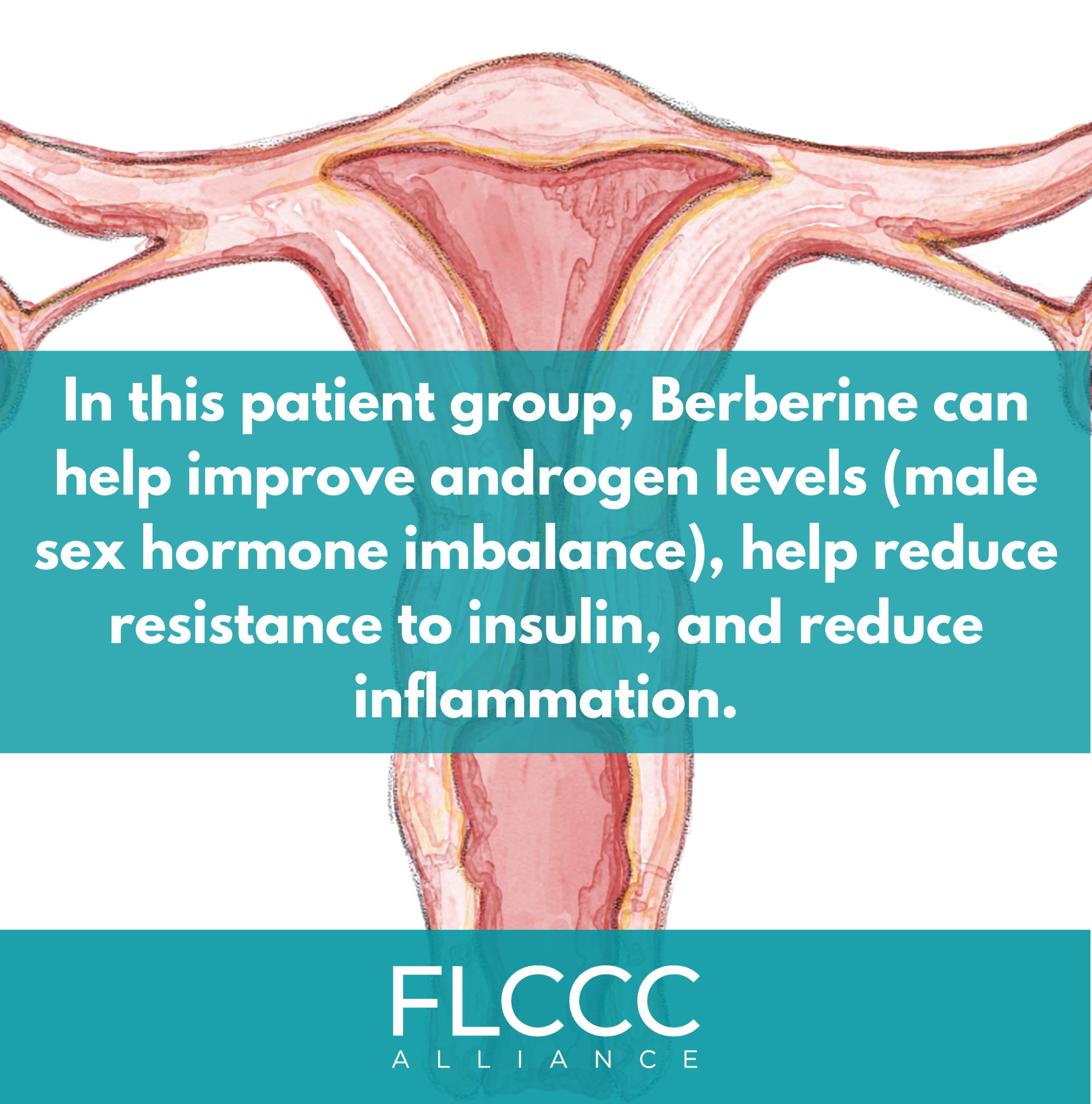
Berberine has anti-inflammatory properties and can change or influence the gut bacteria in the microbiome.

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**The inflammation caused by
Testosterone in Polycystic ovary
disease (PCOS) can also be reduced
with the help of Berberine.**

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In this patient group, Berberine can help improve androgen levels (male sex hormone imbalance), help reduce resistance to insulin, and reduce inflammation.

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A man in a blue shirt is seen from the side, looking at a computer monitor. The monitor displays a woman on a video call. The background shows a window with a view of greenery. A teal banner is overlaid on the image, containing white text.

Berberine and any supplement, medication, or medical intervention should not be started before consulting a healthcare provider.

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**The dosage of Berberine is
1000-1500 mg per day
(500 mg taken 3 times per day).**

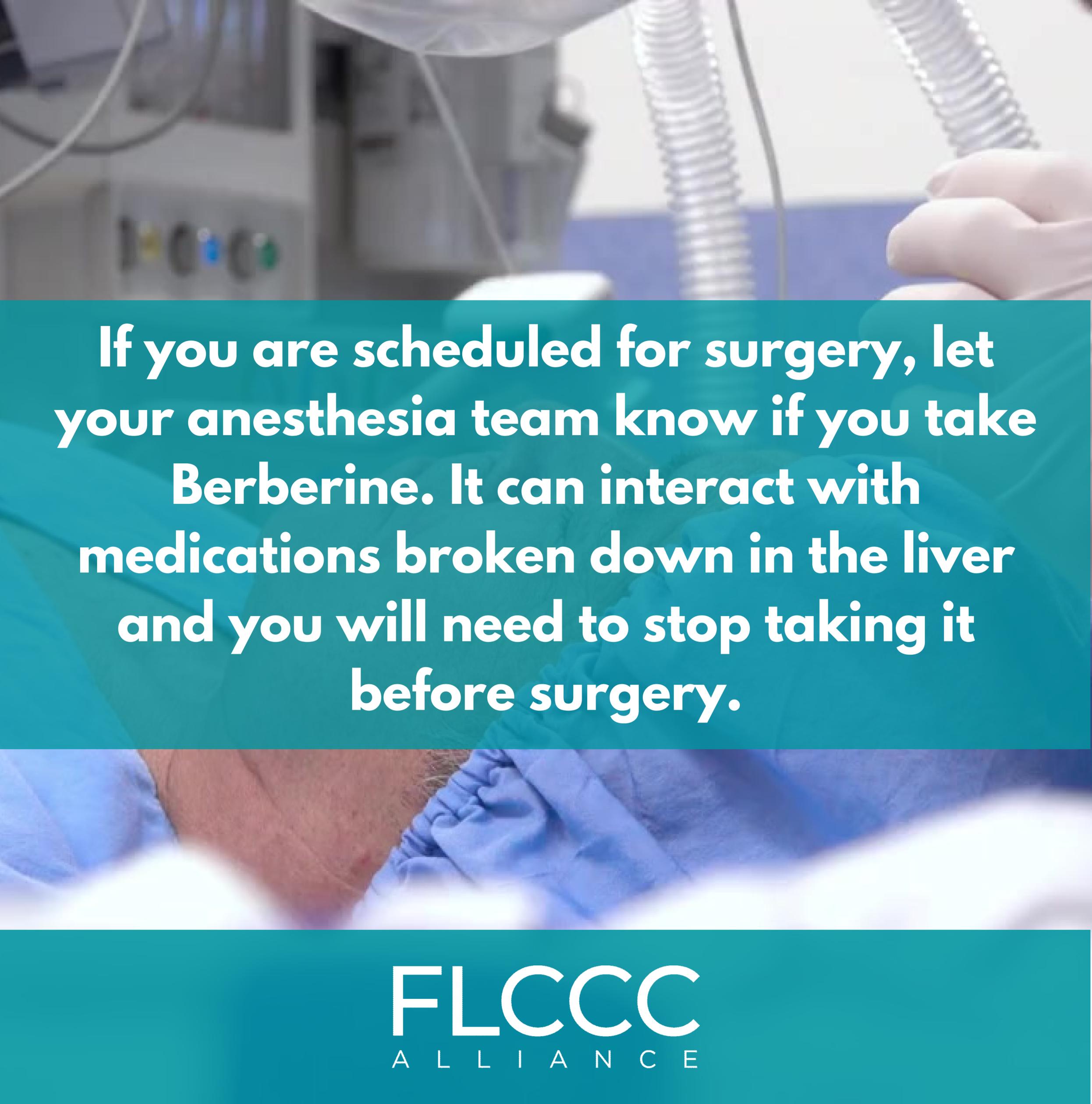
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Ask a healthcare provider first before using Berberine, especially if you have diabetes or high blood pressure, and/or are taking the following medications:

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- **Blood thinners**
 - **Dextromethorphan (cough syrups like Robitussin)**
 - **Tacrolimus (Prograf)**
 - **Sedatives like phenobarbital and midazolam**
- 



If you are scheduled for surgery, let your anesthesia team know if you take Berberine. It can interact with medications broken down in the liver and you will need to stop taking it before surgery.

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Do not take Berberine if you are pregnant or breastfeeding. It can increase the risk of jaundice, cerebral palsy, vision and hearing disturbances, and brain development.

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**Take control of your health and
boost your immune system!**

**For more information:
FLCCC.NET**

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