

Berberine Synergy™

*Support for healthy blood sugar and insulin levels**

Berberine Synergy™ supplies high potency berberine combined with alpha lipoic acid to help support optimal blood sugar and insulin levels, as well as cardiovascular and liver health.*

A healthy diet, regular physical activity, stress management and good sleep quality and quantity all play a role in proper blood sugar regulation and maintaining healthy insulin levels. But even when people put effort toward optimizing their diet and lifestyle, targeted supplementation can be helpful for augmenting these important health factors.

Berberine

Berberine is a compound found in the roots, rhizomes, stems and bark of several plants commonly used in botanical and Chinese medicine, such as goldenseal, Oregon grape, barberry, and Berberis aristata (from which its name is derived). It has become increasingly popular as people seek natural compounds that may aid in maintaining healthy blood glucose and insulin levels, without some of the adverse side-effects of pharmaceutical medications commonly used for this purpose.

Berberine helps promote healthy blood glucose levels and sensitivity to insulin through multiple mechanisms.* One way berberine may aid in healthy glucose regulation is by limiting the activity of enzymes that digest carbohydrates in the small intestine, thus resulting in less glucose being absorbed into the bloodstream after meals.

Alpha Lipoic Acid

Alpha lipoic acid (ALA) is best known as an antioxidant. ALA is both water- and fat-soluble, meaning it exerts its antioxidant effects in different types of tissues and different compartments in the body. In addition to its antioxidant effects, ALA supports healthy insulin secretion and sensitivity, in part by facilitating the way cells take up glucose from the blood.* ALA is also a key cofactor for enzymes inside the cells' mitochondria, which is where fats, carbohydrates, and proteins are converted into energy. Thus, ALA helps support a healthy metabolism.*

Recommended Use: As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

Note: Work with your physician to monitor your blood glucose levels, as medication for blood sugar regulation may require adjustment to account for the effects of berberine.

Berberine Synergy™ may help support*:

- Healthy blood glucose levels
- Normal insulin signaling
- Healthy liver function



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.