



# Berberine GT

Supports cardiovascular health and healthy glucose metabolism

Berberine has potent molecular and metabolic effects; however, bioavailability is usually low due to P-glycoprotein activity in the gut. Berberine GT contains epigallocatechin gallate (EGCG), an inhibitor of P-glycoprotein. Preclinical studies suggest inhibition of P-glycoprotein improves berberine bioavailability.

## Why Berberine GT?

- 500 mg berberine HCl per capsule
- 80 mg EGCG per capsule
- Non-GMO, gluten-free, vegetarian
- TruQuality<sup>®</sup> transparency of purity and potency testing

## Where do the key ingredients come from?

- Berberine is an alkaloid found in various plants.
- EGCG is the most abundant polyphenol in green tea.

**Form:** 60 Capsules  
**Serving Size:** 1 Capsule

Ingredient	Amount Per Serving
Berberine HCl 500 mg (from Phellodendron amurense bark extract)	500 mg 200 mg
Decaffeinated†† Green Tea (Camellia sinensis) Leaf Extract [standardized to 60% (120 mg) catechins and 40% (80 mg) epigallocatechin gallate (EGCG)]	

**Other Ingredients:** Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**Directions:** Take one capsule two to three times daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If taking medications, including cyclosporine and oral antidiabetic medications, or other nutritional supplements consult your healthcare practitioner before use. Keep out of the reach of children.

## Mechanisms of action

### Berberine:

- Activates adenosine monophosphate kinase (AMPK) in human cells; AMPK activation supports glucose metabolism via insulin-independent mechanisms
- Supports healthy lipid metabolism, such as healthy triglycerides, cholesterol, and HDL cholesterol already in the normal range
- Supports healthy insulin receptor function
- Has antioxidant properties

### EGCG from green tea extract:

- Supports healthy lipid metabolism, healthy insulin function and healthy cholesterol levels already in the normal range
- Inhibits P-glycoprotein in intestinal cells in preclinical studies; P-glycoprotein activity has been linked with reduced absorption of berberine
- Has powerful antioxidant properties

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.