

# Berberine

For thousands of years, berberine has been used in Chinese and Ayurvedic medicine. It is an alkaloid compound and has a yellow colour. Precision Health's product line focuses on bioavailability and this is why the **Berberine** tincture has been spagyrically processed. This holistic way of processing ingredients allows for the purification and amplification of the original substance. This liquid **Berberine** provides you with a powerful, stable and extremely bioavailable botanical! The berberine is sourced from barberry bark and you will also find this ingredient in our **Hepata+**.

There have been hundreds of studies about berberine showing a range of uses. They include support for:

- Obesity
- Diabetes
- Inflammation
- High cholesterol
- High blood pressure
- Liver support and bile production
- Polycystic Ovary Syndrome (PCOS)
- And so much more.



Berberine may also be an effective antimicrobial agent. A laboratory study found that berberine helped inhibit the growth of *Staphylococcus aureus*. This bacteria can cause many health challenges including sepsis, pneumonia, meningitis, bone infections and a range of skin conditions. Another study found berberine has the ability to damage the DNA and protein of certain bacteria.

A valuable characteristic of berberine is that it activates an enzyme inside cells called AMP-activated protein kinase. AMPK is a sensor of energy status that maintains cellular energy homeostasis. 'When mitochondria became the main cellular power source, one additional event required was the development of systems that sense energy status in the cytoplasm and then signal this information back to modulate mitochondrial function. Interestingly, AMP-activated protein kinase (AMPK) fulfills this role and appears to be almost universal in eukaryotes.' Sometimes called the 'metabolic master switch', it is found in the cells of certain organs including the heart, liver, brain, muscles and kidneys. This enzyme plays a major role in regulating metabolism. Precision Health's spagyric **Berberine** is sure to add value to your patient healing strategies!



Food Supplement  
Directions: 25 drops  
twice per day in water  
or as directed by your  
health professional.  
Shake well.

**INGREDIENTS 50 drops: 2ml/NRV%**

Spagyrically processed: Barberry Bark  
(*Berberis Vulgaris*) 400mg/\*

Other ingredients: Water, Ethyl Alcohol  
40%, Grape Juice

\*NRV not established 50ml e

Gluten/Lactose Free & Vegan

This information is limited to healthcare professionals for clinical research purposes only. These statements have not been evaluated by the MHRA. Food supplements are not a substitute for a varied balanced diet and healthy lifestyle. Ask a health professional prior to use if pregnant, breast feeding, taking medication or under medical supervision. Do not use if seal is broken. This product is not intended to diagnose, treat, cure or prevent any condition or disease. Store in a cool dry place away from sunlight and reach of children.

References:

- <https://www.medicalnewstoday.com/articles/325798#benefits>
- [https://www.healthline.com/nutrition/berberine-powerful-supplement#TOC\\_TITLE\\_HDR\\_3](https://www.healthline.com/nutrition/berberine-powerful-supplement#TOC_TITLE_HDR_3)
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- <https://wellnessmama.com/253/barberry-root-bark/>
- <http://genesdev.cshlp.org/content/25/18/1895.full>