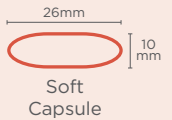


Berb-Evail™



Maintains healthy blood glucose and liver health



OVERVIEW

- > Provides equivalent to 2.5 g of dry *Berberis* root per capsule.
- > Evail™ Technology delivery system for enhanced absorption.
- > Cardiovascular system health support.
- > Maintains healthy cholesterol.
- > Supports healthy blood glucose.
- > Supports liver health.
- > Antioxidant support.

Active Ingredients (per soft capsule) <i>Berberis aristata</i> (Indian barberry) extract dry conc. stand. 500 mg From minimum dry root 2.5 g Standardised to berberine hydrochloride 250 mg		Directions for Use Take 2 capsules 3 times per day, or as professionally prescribed.
Pack Size	60	Allergen Information No added: gluten, soy, dairy, lactose or nuts.
Serving Per Pack	30 serves	
Excipients Medium chain triglycerides Quillaja extract <i>Bixa orellana</i> Annatto Gelatin Glycerol Purified water		Prescribing Information: (considerations, contraindications) <ul style="list-style-type: none"> • Contraindicated for use during pregnancy.¹ • May enhance effects of medications that interfere with bilirubin protein binding.¹
		Warnings Not recommended for use by pregnant and lactating women.

Designed and packed in Australia from imported ingredients.



No Added Gluten



No Added Dairy



No Added Nuts



No Added Yeast



No Artificial Flavours or Colours



No Added Soy



EDUCATION

Berberis aristata is a deciduous evergreen herb indigenous to subtropical climates including India, Nepal, Asia and South America that has been used medicinally since ancient times in Ayurvedic and Chinese paradigms.²⁻⁵

Berberis aristata is considered to be one of the most medicinally significant herbs within the *Berberis* genus due to its broad therapeutic actions, mainly attributed to the alkaloid Berberine.^{4,6,7} Such medicinal uses include: antioxidant, blood sugar support, anti-inflammatory, support for liver health and function and gastrointestinal support.^{2,6-8}

Evail™ Technology

Harnessing Berberine's therapeutic potential requires optimal absorption and delivery of Berberine. Berberine usually has suboptimal oral bioavailability due to enterocyte P-glycoproteins limiting its intestinal absorption. The Designs for Health Evail™ process is specifically formulated to facilitate the absorption of ingredients such as Berberine. It is manufactured using the Designs for Health Evail™ technology, which is an all-natural formulation that improves absorption and delivery. This process uses a proprietary blend of sustainable MCT oils, Quillaja and Annatto Tocotrienols without the use of potentially harmful surfactants.

Antioxidant

Berberine has demonstrated antioxidant properties. Specifically, Berberine reduces oxidative stress via significant superoxide and hydroxyl scavenging activity and by enhancing endogenous antioxidant system levels and activity (i.e. glutathione, glutathione peroxidase, superoxide dismutase).^{4,8,10}

Cardiovascular system health

Experimental and clinical evidence has shown Berberine to have cardio-supportive effects as well as the ability to assist with the maintenance of healthy blood lipids via several mechanisms.^{7,10} These include influencing hepatic low-density lipoprotein receptor (LDLR) mRNA expression and protein levels, lipogenesis and cellular lipid accumulation.^{4,5,11,12}

Blood glucose levels

Current clinical evidence demonstrating Berberine's effects on glucose metabolism involve insulin-mimetic and independent mechanisms. In particular, along with its antioxidant mechanisms, Berberine helps support healthy blood glucose levels by stimulating glycolysis, activating glucokinase and glucose-6-phosphate dehydrogenase activity and the AMP-activated protein-kinase pathway, modulating insulin receptor activity, supporting insulin sensitisation and muscle glucose uptake and offering support to the gastrointestinal system by beneficially modulating the gastrointestinal microbiome.^{2,7,13,14}

References supplied on request.

Designs for Health Quality Guarantee

Designs for Health medicines that are listed on the Australian Register of Therapeutic Goods will display an AUSTL number on the label. Listed medicines in Australia need to be manufactured according to legislated standards set out in Therapeutic Goods Order 101. TGO101 legislation sets out minimum quality standards for medicines supplied in Australia that display an AUSTL number. It mandates testing for:

- Impurities such as heavy metals (including lead, mercury, cadmium and arsenic), pesticides and residual solvents.
- Dissolution (to ensure the capsule will dissolve once taken).
- Uniformity (to ensure that every capsule is the same).

Final assay testing is also performed to ensure that what we have on the label is in each capsule, and microbiological testing is performed to ensure that no microbial contamination has occurred during the encapsulation and packing process.