**Medi Herb Berberine Active- New product!**

 ***\*for professional use only* Item# M1650 60 oval sized tablets**

Berberine, extracted from *berberis vulgaris L.* (root), was an ancient herbal medicine in treating diarrhea. Ongoing experimental and clinical studies have illuminated great potential of berberine in regulation of glucose and lipid homeostasis, cancer growth and inflammation. Furthermore, the lipid lowering effect of berberine is comparable to those conventional lipid drugs but with low toxicity. Berberine and Metformin are considered to be in the same class with similar beneficial effects for metabolic disease.

Phellodendron bark has traditionally been used to cleanse lower GI and encourage proper balance of intestinal flora. This in turn, helps insure that the body isn’t exposed to toxins caused by overgrowth of unhealthy bacteria. It inhibits pathogenic bacteria including E Coli- which “sticks” to intestinal epithelial cells.

SIBO- must have killing strategy-be more aggressive and longer than traditional weed and feed protocol.

Use MH Gut Flora Complex, Andrographis cx, Berberine Active and Myrrh forte to kill/weed and

SP ProSynbiotic, Whole food fiber, and MH Vitanox to feed good bacteria.

POTENCY: MH Berberine Active contains: 200 mg berberine per tablet. Berberine is anti-Protozoa, anti-bacteria and anti-fungal. Won’t kill good bacteria- won’t induce flora imbalance. Can be used long term. Gut issues including constipation in high potencies >600 mg. Trials use much higher amounts but Kerry recommends starting around 400-600 mg (2-3 tabs daily). Build up to 800 mg

1 tablet MH Milk Thistle Forte (Silymarin)

RADIATION EXPOSURE: Medi Herb Berberine Complex-2 clinical trials where 400 mg Berberine were given daily showed significant improvement in protection against radiation exposure.

ENHANCES ANTIOXIDANT PRODUCTION OF: SOD, catalase, glutathione peroxidase

Clinical trials of at least 300 mg. Phellodendron bark revealed increase of SOD with decrease of free radicals.

Supports levels of liver enzymes and increases antioxidant levels in liver. Support for lipedema high cholesterol: Lowers blood fats and blood glucose. Used for Fatty liver disease, heart arrhythmias. Use with ginkgo to help protect healthy cells against radiation. Tonic to entire body to improve energy, vigor, and strength. 36% reduction in Metabolic Syndrome-lowered triglycerides and cholesterol. Studied with diabetes- Worked as well to control blood glucose and hemoglobin a1c-insulin resistance dropped by 26% as medications in 6 clinical trials. Still has value-gives better result than conventional drug alone. Metabolic, GI health and liver function health. Works great with Metabol complex.

IMPROVES MITOCHONDRIAL FUNCTION: AMPK is involved in reducing fat storage, regulating glucose uptake, creating new mitochondria, and eliminating cellular garbage that accumulates inside aging cells. Mitochondria are very prone to damage-similar to trading in old car and recycles the parts (mitophagy-removal of damaged mitochondrial).

ABOUT AMPK:

* AMPK is the “switch” that is the link between metabolic disease, inflammation, and longevity. This “switch” tells our cells when to store and generate energy-containing molecules such as fat, and when to “hunker down” and use existing energy stores.
* When switched “on,” AMPK triggers the use of stored energy from fats, enhances removal of fats and sugar from the blood, increases production of mitochondria, and reduces inflammation and cellular “junk.”
* Calorie restriction and vigorous exercise activate AMPK, shrinking body fat stores (especially in the belly region), lowering blood sugar and lipid levels, and producing other beneficial effects that retard the aging process.
* The drug metformin also activates AMPK, with similar body-wide results. MH Berberine and Resveratrol (Herba Vital contains 36 mg) are key herbs that affect AMPK. Berberine has low bioavailability-most passes thru digestive tract via p glycoprotein. Silymarin inhibits p glycoprotein-thus allowing Berberine to stick to the gut wall longer. Protein in GI tract that will pump berberine back out. Milk thistle prevents this and improves bioavailability of berberine. Berberine should always be taken with some milk thistle.

BEST USE OF: Berberine is alkaloid and has reaction with tannins (Black, green, peppermint tea, grapeseed extract, Vitanox). Take 2 hours away from tannins or medications.

<https://www.lifeextension.com/magazine/2014/SS/AMPK/Page-01>

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