

# Berb-Evail®

Support for healthy blood sugar and insulin levels\*

Berb-Evail® supplies high-potency berberine to help support optimal blood sugar and insulin levels, liver health and intestinal health.\* A healthy diet, regular physical activity, stress management and good sleep quality and quantity all play a role in supporting proper blood sugar regulation and insulin sensitivity. But even when people put effort toward optimizing their diet and lifestyle, targeted supplementation can be an effective way to augment these positive changes.

## Highlights of Berberine

Berberine has become increasingly popular as people seek natural compounds that may help 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 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 the name berberine is derived). It helps promote healthy blood glucose levels and sensitivity to insulin through multiple mechanisms. Among other effects regarding insulin sensitivity at the cellular level, 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. (Vinegar has a similar effect, and vinegar has long been recognized for its role in supporting blood sugar regulation.) Suboptimal insulin and blood glucose may sometimes lead to a buildup of fats in the liver. Aside from its role in blood sugar regulation, berberine may help attenuate this undesirable outcome as well.\*

In addition to its effects for blood sugar regulation, berberine is a powerful agent in supporting the body's natural defense against bacteria. It may help control the growth of undesirable bacteria in the intestines, thus supporting a healthy gut flora, which may in turn contribute to a healthy metabolism and proper blood glucose control.\*

## Advanced Technology for Superior Absorption

Berb-Evail® is manufactured using the Designs for Health Evail™ technology, which is an all-natural formulation that improves the absorption and delivery of berberine. This process uses a proprietary blend of MCT oils, non-soy derived lecithin, and vitamin E, without the use of potentially harmful surfactants.

**Recommended Use:** Take one softgel 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.



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](http://WWW.DESIGNSFORHEALTH.COM).