



NATURE'S SUNSHINE

Berberine IR

Kosher

Halal

Non-GMO

GOOD FOR

Endocrine System

Digestive System

Pancreas

SIZE **90 Capsules**

ITEM # **1398**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 VegCap before a meal, three times daily.

— How the Key Ingredients Work

Berberine IR delivers a time-tested botanical alkaloid found in plants like Goldenseal and Berberis. Each serving works with your body's own systems to support healthy digestion, balanced metabolism, and everyday resilience.

Berberine — Digestive Comfort — Berberine has been studied in clinical trials for irritable bowel and functional abdominal discomfort. In one observational study of 146 participants, nearly half reported meaningful improvement in abdominal discomfort scores, making it a go-to botanical for everyday digestive ease.

Berberine — Metabolic Balance — One of berberine's most celebrated roles is helping the body maintain healthy metabolic function. Researchers have explored its influence on how the body manages blood sugar and energy, and it consistently shows up as a standout natural option for people focused on metabolic wellness.

Berberine — Antioxidant Defense — Berberine supports the body's built-in antioxidant network — the enzymes and compounds your cells use to neutralize everyday oxidative stress. Studies show it can boost key protective enzymes and reduce markers of cellular stress, helping guard your metabolic, cardiovascular, and overall health.

Berberine — Skin Clarity & Acne Support — Berberine shows antimicrobial activity against the bacteria linked to acne breakouts, along with anti-inflammatory properties. In a four-week clinical study of 25 people with moderate-to-severe acne, participants saw meaningful improvements, including those dealing with hormonally driven skin concerns.

Berberine — Immune & Antimicrobial Support — Sourced from plants long used in Chinese and Ayurvedic traditions for infections, berberine has demonstrated lab-confirmed antimicrobial activity against a range of bacteria, including hard-to-manage strains. This supports its traditional reputation as a natural ally for immune resilience.

Berberine — Cardiovascular Wellness — Berberine's antioxidant and anti-inflammatory properties extend to the cardiovascular system. By helping reduce oxidative stress markers in the body, it supports the kind of healthy cellular environment that your heart and blood vessels depend on for long-term wellbeing.

Berberine — Hormonal & Skin Health (PCOS) — For women navigating hormonal skin challenges, berberine has shown promising results in clinical research specifically involving PCOS-related acne. Its combination of antimicrobial and anti-inflammatory actions makes it a well-rounded botanical for supporting clearer, calmer skin from the inside out.

Berberine — Cellular Stress Reduction — Across multiple experimental and clinical settings, berberine has been shown to lower markers of oxidative stress — the everyday cellular wear-and-tear linked to aging and chronic health challenges. Supporting your cells' natural defenses is one of berberine's most far-reaching benefits.

Berberine — Neurological & Cognitive Resilience — Berberine's antioxidant activity has been studied in neurological contexts, where reducing oxidative stress matters greatly for long-term brain health. While research is ongoing, its ability to support the body's protective enzyme systems suggests a role in everyday cognitive and neurological resilience.

 (888) 510-7196  service@caringsunshine.com

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