
Formula & Directions

Start with 1 capsule daily and increase gradually if you wish, up to a maximum of 3 capsules per day.

Always take berberine before a meal, for maximum benefit and to minimise the likelihood of tummy upset.

Nutritional Information

Serving Size: 1 to 3 Capsules

Servings Per Container: 30 to 90 days, depending on dose

Ingredients	Amount Per Serving
Berberine	500 mg

Ingredients

Berberine HCL 98% (from *berberis aristata*), vegetable Capsule Shell (HydroxyPropylMethylCellulose), Rice Flour
