

# Berberine ACV

advanced wellness support

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Lemon (Citrus Limon) Powder, Organic Apple Cider Vinegar (Malus domestica, fruit), Organic Barberry (Berberis vulgaris) Root, Organic Turmeric (Curcuma longa), Organic Ginger (Zingiber officinale), Organic Ashwagandha (Withania somnifera), Organic Fermented Nutritional Yeast (Saccharomyces cerevisiae), Wild Atlantic Kombu (Laminaria digitata), Organic Cayenne Pepper (Capsicum annum)

## suggested use

- Start with ½ scoop in up to four ounces of water once per day. Follow with 16 ounces of water. Slowly build up to the suggested serving size of 1 scoop per day.

**Caution:** Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Berberine ACV is a proprietary plant-based blend to assist with natural energy, healthy weight management, reducing inflammation, stabilizing blood glucose levels, eliminating cravings, boosting metabolism, improving gut health, and more! It is an all-natural source of minerals, vitamins, and iodine, from whole food sources.\*

Berberine is a potent compound found in barberry and well-known for its exceptional health benefits. Berberine has been used for centuries in Chinese, Ayurvedic, and folk medicine for its versatile therapeutic benefits. It has been shown in studies to decrease body weight, regulate metabolism, inhibit "fat synthesizing" enzymes, improve insulin sensitivity, promote glucose uptake in cells, and to positively impact appetite-regulating hormones leptin and ghrelin.\*

Experience the power of Berberine, combined with Apple Cider Vinegar and a total of 9 superfoods, to supercharge your wellness in one convenient daily dose!\*

## ingredient highlights

- **Barberry Root:** Shown in studies to have numerous health benefits including anti-inflammatory ones due to the active ingredient berberine. Has been used for thousands of years to treat digestive issues, infections, skin conditions, and to promote vigor and an overall sense of well-being.\*
- **Apple Cider Vinegar:** Research suggests that apple cider vinegar may have beneficial health properties, including antimicrobial and antioxidant effects. It can reduce inflammation, support healthy digestion and gut health, help regulate blood sugar levels, assist weight management, and contribute to health by helping to lower cholesterol and blood pressure.\*
- **Lemon:** This limonene-rich source of vitamin C and powerful antioxidants can support the immune system, provide anti-inflammatory benefits, promote healthy digestion, help increase energy levels, and may assist in weight reduction and management.\*
- **Curcumin (Turmeric):** A powerful antioxidant and anti-inflammatory shown in many high-quality studies to have major benefits for the body and brain.\*
- **Ashwagandha:** Helps reduce stress and anxiety, supports adrenal health and hormone balance, enhances cognitive function, boosts immune function, improves sleep quality, supports thyroid health and metabolism regulation, helps regulate blood sugar levels.\*