

Berberine HCl

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Summary

Plant alkaloid with metformin-like effects on insulin sensitivity, lipid profile and metabolic health.

Lead Researcher

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Selected Peer-Reviewed Citations

[1] Berberine vs metformin in type 2 diabetes. *Metabolism*, 2008.
<https://pubmed.ncbi.nlm.nih.gov/18191047/>

[2] Berberine in PCOS: meta-analysis. *Phytomedicine*, 2019.
<https://pubmed.ncbi.nlm.nih.gov/31521000/>

[3] Mechanism of berberine on glucose metabolism. *Diabetes*, 2006.
<https://pubmed.ncbi.nlm.nih.gov/16873688/>

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