AgelessCoach™
AGE STRONG. LIVE LONG.

The Berberine Checklist

Four steps, every box checkable. Print it, fold it, take it to the pharmacy.

CHECKED AGAINST TIER 1 GUIDANCE — NIH LIVERTOX · NCCIH · NIH ODS

1 LIST EVERY PRESCRIPTION YOU TAKE

- ☐ **Write down:** every prescription, every pharmacy shelf pill, every supplement.
- ☐ **Do not leave off:** eye drops, patches, inhalers, creams. All of them count.
- ☐ NCCIH asks you to tell every provider what you take, and to keep it written down.

TOO MUCH LOOKS LIKE

Nausea, bloating, diarrhea or constipation. Mostly mild and passing (NIH LiverTox).

2 FLAG THE ONES YOUR BODY HAS TO PROCESS

- ☐ **Ask about:** your diabetes medicine. That is where the measured evidence sits.
- ☐ **Ask about:** anything your prescriber watches with regular blood tests.
- ☐ **Say the word berberine.** Do not file it under just a herbal on the form.

3 TAKE THE LIST TO YOUR PHARMACIST

- ☐ **Question 1:** does anything on this list clash with berberine?
- ☐ **Question 2:** if I start it, is there anything that needs watching?
- ☐ **Question 3:** is there a reason I should not take it at all?
- ☐ A pharmacist checks interactions for a living, and the conversation is free.

4 BUY ONE CLEARLY LABELLED BOTTLE

- ☐ **Form named** on the front of the label, not the bare word berberine.
- ☐ **Amount per serving printed**, and the serving size read before you buy.
- ☐ **Third party mark** such as NSF or USP: properly made, not proven to work.
- ☐ Skip any bottle promising a named disease result. That claim is not legal.

BEYOND THE BOTTLE · WHAT THE TRIALS USED, WHERE IT COMES FROM, WHAT IS KNOWN

AMOUNTS USED IN PUBLISHED STUDIES - *not a recommendation*

SETTING	AMOUNT	HOW OFTEN
Typical retail product	250 to 500 mg	two or three times daily
Heart failure trial	1.2 to 2 g per day	for about two years
Diabetes trial, with silymarin	500 mg	twice daily for six months

These are amounts from published trials, not a dose for you. Berberine is not approved in the United States for any of these uses (NIH LiverTox).

WHERE BERBERINE COMES FROM - *none of it is food you eat*

Goldenseal	root and rhizome	**not a food**
Barberry	bark and root	**not a food**
Oregon grape	root	**not a food**
Coptis, or goldenthread	rhizome	**not a food**
Tree turmeric	bark and root	**not a food**

Berberine is not a nutrient. There is no daily requirement and no food total to reach.

WHAT THE RESEARCH HAS LOOKED AT - *and how settled it is*

- ✓ Antioxidant activity, largely laboratory work
- ✓ Antimicrobial activity, largely laboratory work
- ✓ Anti-inflammatory activity, largely laboratory work
- ✓ Glucose control and insulin resistance, in patient trials
- ✓ Blood lipids, in patient trials
- ✓ How the body handles other medicines

LiverTox gives berberine a likelihood score of E, an unlikely cause of clinically apparent liver injury, and notes it is not approved in the United States for any of the uses it is sold for.