

KEEP YOUR METABOLISM BALANCED,  
NATURALLY.

 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

**BERBEVIS**<sup>®</sup>

B E R B E R I N E I N D E N A P H Y T O S O M E <sup>™</sup>

  
BERBERINE • PHYTOSOME

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## WHAT IS BERBEVIS®

BERBEVIS® is an innovative, food-grade ingredient based on the formulation of berberine from the roots of *Berberis aristata*. It sports a new custom Indena Phytosome™ formulation, optimizing by 10-fold\* the bioabsorption.<sup>1</sup>

BERBEVIS® is scientifically proven to provide positive support across multiple parameters associated with metabolic health in a plethora of multifactorial disorders – including impaired fasting glucose, borderline hyperlipidemia and PCOS.\*\*

### SCIENTIFIC EVIDENCE

BERBEVIS® is supported by a human pharmacokinetics,<sup>1</sup> and three human studies.<sup>2-4</sup>

### SPECIFICATIONS

BERBEVIS® is standardized to contain: 28-34% of berberine by HPLC

### RECOMMENDED USE AND DOSE

BERBEVIS® is a light brown powder and may be utilized in a variety of supplement formulations.

Recommended dose: 550 mg once or twice a day

### TRADEMARKS

BERBEVIS® is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

\*on molar basis and with observed dose linearity

\*\*PolyCystic Ovary Syndrome

#### References

<sup>1</sup> Petrangolini G, et al. Evidence-Based Complementary and Alternative Medicine, vol. 2021, Article ID 7563889, 10 pages, 2021.

<sup>2</sup> Rondanelli, M. et al., Nutrients 13.10 (2021): 3665.

<sup>3</sup> Rondanelli, M. et al., European Review for Medical and Pharmacological Sciences 27 (2023): 6718-6727.

<sup>4</sup> Cesarone, Maria R., et al., Minerva Gastroenterology (2023).

## WHAT MAKES BERBEVIS® UNIQUE?

BERBEVIS®, is a next-generation Indena Phytosome™ with a new custom formulation leveraging onto 3 additional pillars:

- *Berberis aristata* extract is more soluble than pure berberine in simulated gastrointestinal fluids;
- using pea proteins within the Indena Phytosome™ matrix helps optimize berberine bioabsorption, as reported in scientific literature;
- using Indena's grape seed extract as a powerful, natural antioxidant to protect the intestinal mucosa against the known gastrointestinal adverse effects of traditional berberine, thus optimizing its tolerability even in long term use.

BERBEVIS® is proven effective in the management of healthy blood sugar levels.<sup>3</sup>

- It noticeably optimizes the blood sugar profile, positively modulating blood glycaemia in subjects with impaired fasting glucose (IFG): -11% after only 30 days of supplementation;
- It optimizes insulin resistance significantly achieving a remarkable -36% at the end of the study (based on HOMA index value after 90 days).

In a recent human study,<sup>4</sup> the beneficial action of BERBEVIS® on metabolic health was validated in a borderline hyperlipidemic population to evaluate the optimization of blood lipid profile.

Subjects supplemented with BERBEVIS® and following a healthy diet and lifestyle showed a statistically significant, positive modulation of lipid parameters, including total cholesterol, triglycerides and HDL, while maintaining a healthy body composition.

And what's more is that BERBEVIS® did that with a single, convenient 550 mg supplementation once a day for 3 months.

Since PCOS is an endocrine-metabolic disorder, Indena decided to test BERBEVIS® that emerged as a winning multi-target approach to PCOS thanks to an effective modulation over blood sugar levels and support to hormonal balance.<sup>2</sup>

Furthermore, BERBEVIS®:

- has a positive effect on body composition, inducing the redistribution of adipose tissue;
- is helpful against acne, typical symptom of PCOS, both reducing discomforts and thus improving quality of life.



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