Clinical Study: **Berberine⁺ GlucoGold™** Provides Significant Support for Blood Sugar Levels Already in the Normal Range

For many people, blood sugar maintenance is a top health concern—and supplements have become an effective option to address their concerns.

Dr. Whitaker's **Berberine⁺ GlucoGold** formula was clinically studied to evaluate its efficacy over a placebo to confirm its ability to support pancreatic function as well as blood sugar and cholesterol maintenance benefits.

In the double-blind, randomized, placebo-controlled clinical study, individuals took the recommended dosage of one tablet three times daily (after breakfast, lunch and dinner) of **Berberine⁺ GlucoGold** or a placebo. It was shown that **Berberine⁺ GlucoGold** provides significant support for healthy pancreatic B-cell function and helps maintain blood sugar levels already in the normal range. It also benefits healthy total and LDL cholesterol levels.

EXECUTIVE SUMMARY

The study showed that **Berberine⁺ GlucoGold** had a significant impact on the primary efficacy variable, the oral disposition index or DI_o, which is a highly sophisticated measure of the pancreatic B-cells' response to an oral glucose load and the effectiveness of the body's innate ability in managing that load. In other words, these are the cells responsible for insulin production and responding to glucose in the bloodstream. Although DI_o is regarded as a premier metric, it is rarely used in research on supplements, where simpler metrics that are less specific and are not good indicators of pancreatic function are more often used.

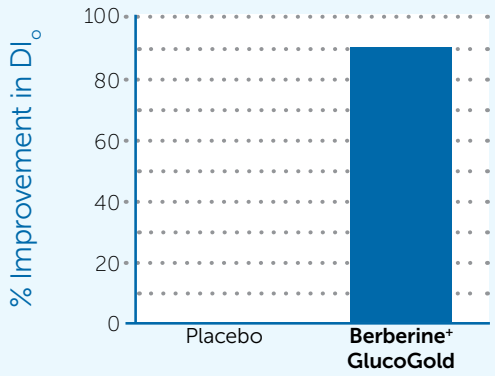
The benefits of **Berberine⁺ GlucoGold** in this DI_o test could not have been more emphatic. First, in the placebo controls, there was no change in DI_o (0%). In contrast, at three months **Berberine⁺ GlucoGold** elicited an 88.6% improvement in this marker, indicating the ability of the supplement to significantly support healthy pancreatic B-cell function.

Plus, the secondary metrics addressing blood sugar maintenance were indicative of the positive effects of **Berberine⁺ GlucoGold**. Given the fact that the supplement provided support for healthy total cholesterol & LDL levels, there is reason to conclude that the benefits extended to the cardiovascular system.

GROUP DEMOGRAPHICS

The three-month double-blind, placebo-controlled clinical study randomized 126 individuals, meeting the inclusion criteria of an oral glucose tolerance test (OGTT) ≥140mg/dl and ≤ 250 mg/dl. OGTT results outside these parameters resulted in exclusion from the trial. A comprehensive safety screen was performed at the beginning and end of the study and included blood markers for liver and kidney function as well as vital signs.

Clinical Study Results Show the Power of **Berberine⁺ GlucoGold**



Results After 12 Weeks

THE RESULTS

The group taking the placebo showed no improvement in DI_o (0%) over the course of the study, while those in the **Berberine⁺ GlucoGold** group showed an improvement of 88.6% in DI_o after 12 weeks, which was highly statistically significant over baseline and placebo ($p=0.028$). The improvement in DI_o in the **Berberine⁺ GlucoGold** group indicates the ability of the supplement to support the normal response of insulin to blood sugar. Measures of insulin sensitivity also showed benefit when compared to baseline values. The group taking the supplement further experienced significant support for healthy levels of total and LDL cholesterol as well as for the maintenance of blood sugar levels already in the normal range.

Conclusion

Berberine⁺ GlucoGold shows efficacy for supporting pancreatic B-cell function, maintaining blood sugar levels already in the normal range, and supporting healthy blood lipid parameters. Clinical trial participants saw substantial benefits with the supplement after 12 weeks of use.

Chaudhary, J., Vedic Lifesciences. 2016. *Unpubl.*

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