How Berbexa™ Can Support Healthy Blood Sugar Levels*

ANSWERS TO THE QUESTIONS PATIENTS ASK MOST

Q: What is Berbexa™?

A: Berbexa™ Blood Sugar Formula is a liquid dietary supplement that combines four well-researched botanicals in one pleasantly sweet dropper a day, with no sugar. It was formulated by a physician and clinical pharmacologist to support healthy blood sugar levels.*



You won't find Berbexa™ in big-box stores or on online marketplaces. It is available only through approved health and wellness businesses, who can help you decide whether it is right for you.

Q: Why did my practitioner recommend Berbexa™?

A: Many people who are watching their blood sugar want a simple, natural addition to the healthy habits they are already building. Your practitioner knows your health history and your medicines, and recommended Berbexa™ as part of your personal plan.

This booklet answers the questions patients ask most often.

Q: What's inside Berbexa™?

A: Each 1 mL serving contains a 190 mg blend of four botanicals:

1. **Berberine HCl**, a natural plant compound studied for its role in healthy glucose metabolism*
2. **Turmeric root extract**, the golden spice valued for its antioxidant curcuminoids*
3. **Green tea leaf extract**, rich in antioxidant catechins (contains caffeine)*
4. **Black pepper fruit extract**, a source of piperine, which helps the body absorb turmeric's curcumin

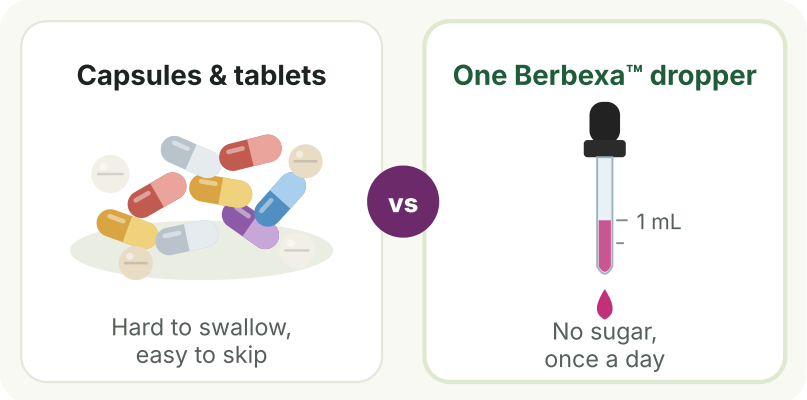
You can read more about each ingredient on pages 5 and 6.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Q: What makes Berbexa™ different?

A: Most blood sugar supplements come as capsules or tablets, and many people already take several pills a day. Berbexa™ is a liquid. You place one dropper (1 mL) in your mouth, hold it for 30 seconds and swallow. There is nothing large to swallow, and it has a pleasant, lightly sweet taste with no sugar.

That matters more than it sounds. Any supplement can only help if it is taken every day, and a routine that is quick and pleasant is a routine that people keep.



Q: Is Berbexa™ a medicine?

A: No. Berbexa™ is a dietary supplement. It is not intended to diagnose, treat, cure or prevent any disease, and it does not replace any medicine your doctor has prescribed.

Never stop or change a prescribed medicine without talking to the doctor who prescribed it.

Q: How is Berbexa™ made?

A: Berbexa™ is made in the USA in a cGMP, FDA-registered facility, and it is lab tested. It is vegan, GMO-free and gluten-free. Each bottle holds 1 fl. oz. (30 mL), a one-month supply.

Q: Why is it sold only through practitioners?

A: Because the best results come from a plan, not just a product. Your practitioner can review your medicines, check how you are doing and help you build the daily habits that matter most. It also means the Berbexa™ you receive comes straight from an approved clinic.

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Meet the Doctor Who **Formulated Berbexa™**



Prof. Dr. F. C. Tulunay, M.D., Ph.D. ("Dr. T")

Q: Who created Berbexa ™?

A: Berbexa™ was formulated by Prof. Dr. F. C. Tulunay, M.D., Ph.D., known to colleagues and patients as "Dr. T." Dr. T is a physician and clinical pharmacologist: a doctor who specializes in how substances act in the human body, how well they work and how safe they are.

Over a career of more than 50 years, Dr. T:

- earned his M.D. and a Ph.D. in pharmacology at Ankara University Medical School, one of Turkey's most prestigious medical schools, and served there as Professor of Pharmacology from 1982 to 2011
- trained in the United States at the University of Minnesota, and was a Fulbright Scholar and Visiting Professor at the University of California, San Francisco
- published more than 125 scientific papers, book chapters and abstracts
- was named Honorary President of the European Association for Clinical Pharmacology and Therapeutics (EACPT)
- has written his "Bitter Pill" column on medicines and evidence-based treatment since 2002

Q: Why does it matter who formulates a supplement?

A: Many supplements are designed by marketing teams. Dr. T has spent his career asking hard questions about medicines and supplements alike: Is it safe? Does the evidence support it? Is it worth the money?

Now retired from professional practice, he lends his name only to the select supplements he believes in. Berbexa™ is one of them, built around a single principle: every ingredient has a job to do.

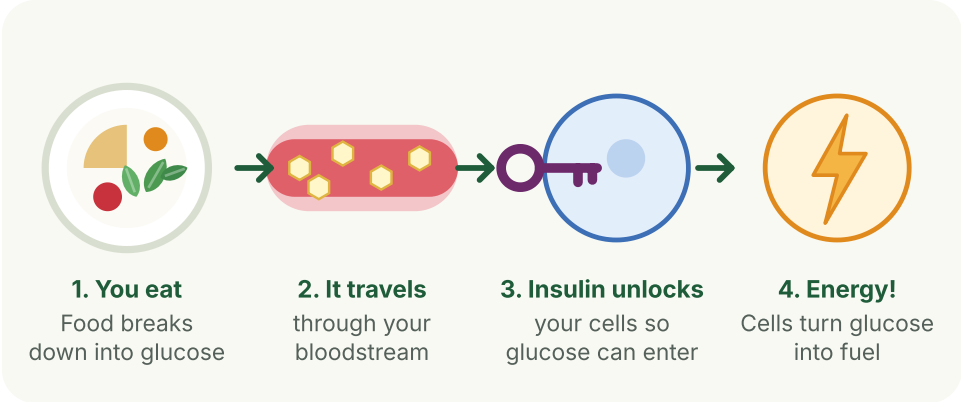
Q: What does a clinical pharmacologist do?

A: They study how medicines and natural compounds act in the body, what dose is right and how they interact. Dr. T served on the Turkish Ministry of Health's Drug Licensing Board and chaired national committees that judged which medicines were effective, safe and worth their cost.

Berbexa™ and **Healthy Blood Sugar**

Q: What is blood sugar?

A: Blood sugar, or blood glucose, is the main fuel your body runs on. When you eat, your body breaks carbohydrates down into glucose, which travels through your bloodstream to every cell. A hormone called insulin works like a key: it opens the door so glucose can move into your cells and be turned into energy.



Q: Why do healthy blood sugar levels matter?

A: Your body works best when blood sugar stays within a healthy range. Big swings up and down after meals can leave you feeling tired, hungry or foggy, and over time they put extra strain on the body. That is why your practitioner may check your blood sugar and talk with you about it.

Q: What affects blood sugar from day to day?

A: Many things, including:

- What you eat, especially sugar and refined carbohydrates
- How active you are
- Your weight, especially around the waist
- How well you sleep
- Stress
- Some medicines
- Age and family history

The good news: several of these are within your control, and small daily steps add up. See page 10 for simple habits that help.

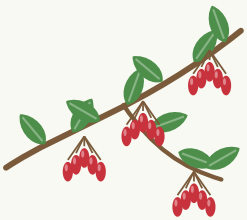
*Q: How does Berbexa™ support healthy blood sugar levels?**

A: The main ingredient in Berbexa™ is berberine, a yellow plant compound that has been studied in many clinical trials. Research suggests berberine helps support the body's normal handling of glucose.*

One way it appears to work is by activating an enzyme called AMPK, sometimes called the body's "metabolic master switch." AMPK helps cells take up glucose and use it for energy.*

Q: Where does berberine come from?

A: Berberine is found naturally in the roots, stems and bark of several plants, including barberry, goldenseal, Oregon grape and Chinese goldthread. These plants have been part of traditional herbal practices in Asia and the Middle East for centuries.



Barberry (Berberis vulgaris)

Berbexa™ uses berberine HCl, a purified form of berberine, so every serving delivers it consistently.

Q: Why combine berberine with other botanicals?

A: Dr. T designed Berbexa™ so that each ingredient has a role:

- **Berberine** for healthy glucose metabolism*
- **Turmeric** and **green tea** for antioxidant support*
- **Black pepper extract** to help the body absorb turmeric

Q: Will I feel it working?

A: Not in the way you feel a cup of coffee. Supplements like Berbexa™ work quietly, day after day, as part of your routine. The best way to see how you are doing is to follow your practitioner's plan and review your progress together. Page 10 explains how to get the most from it.

GOOD TO KNOW

Berberine can add to the effect of medicines that lower blood sugar. If you take one, your practitioner may want to check your blood sugar more often when you start. See page 9.

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The Four Botanicals **Inside Berbexa™**



Berberine HCl *from plants such as barberry*

The heart of the formula. Studied for its support of healthy glucose metabolism through the body's AMPK "master switch."*



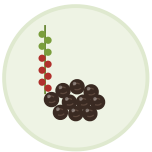
Turmeric root extract *Curcuma longa*

The golden spice in curry. Its best-known compounds, curcuminoids, are antioxidants that help protect cells from everyday oxidative stress.*



Green tea leaf extract *Camellia sinensis*

Rich in catechins such as EGCG, antioxidants studied for their support of healthy metabolism.* The extract in Berbexa™ is standardized to 50% caffeine, so Berbexa™ contains caffeine.



Black pepper fruit extract *Piper nigrum*

On its own, the body absorbs very little of turmeric's curcumin. Black pepper contains piperine, which in a study of human volunteers increased curcumin absorption many times over (Shoba et al., *Planta Medica*, 1998). That is why the two are paired.

Q: Why a liquid formula?

A: A liquid lets all four botanicals come together in one small, pleasant-tasting serving, with no capsules to swallow. It is the same thinking behind the whole formula: make the healthy choice the easy one.

Q: What are the other ingredients on the label?

A: MCT oil, a light oil, carries the botanicals in liquid form. Mannitol gives Berbexa™ its pleasant, lightly sweet taste without any sugar. D-limonene is a natural compound from citrus peel, and vitamin E helps keep the formula fresh. If you need to avoid any of these, ask your practitioner. The full Supplement Facts panel is on page 11.

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Talking With **Your Practitioner**

Berbexa™ works best as part of a plan you build with your practitioner. Bring this page to your next visit.



Questions you may want to ask

- ☐ How does Berbexa™ fit with my other medicines and supplements?
- ☐ Should my blood sugar be checked more often when I start?
- ☐ What blood sugar range should I aim for?
- ☐ What changes to food and activity would help me most?
- ☐ When should we review how I am doing?

ALWAYS TELL YOUR PRACTITIONER ABOUT

- ▸ Every prescription medicine you take, especially for blood sugar, blood pressure or blood thinning
- ▸ Over-the-counter medicines and other supplements
- ▸ Pregnancy, breastfeeding or plans to become pregnant
- ▸ Any health condition, allergy or recent change in how you feel

My medicines and supplements

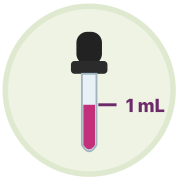
Notes from my visit

How Do I **Take Berbexa™?**

Adults: one dropper (1 mL) a day, in four easy steps.



1. Shake
Shake the bottle very well before each use.



2. Fill
Squeeze the bulb and fill the dropper to 1 mL.



3. Hold
Place it in your mouth and hold for 30 seconds.



4. Swallow
Swallow. That's it for the day!

Q: When should I take it?

A: Take Berbexa™ at the same time each day so it becomes a habit, for example with breakfast. Taking it with food may also be gentler on your stomach. If your practitioner gives you different directions, follow those.

Q: What if I miss a day?

A: Just take your next serving at the usual time. Do not take two servings to make up for a missed one.

Q: How long does a bottle last?

A: Each 1 fl. oz. (30 mL) bottle holds 30 servings: one month. Ask your practitioner about your next bottle before you run out, so you don't miss days.

Q: How should I store it?

A: Keep the bottle tightly closed at room temperature, away from heat and direct sunlight, and out of the reach of children.

Q: Can I mix it into a drink?

A: Berbexa™ is designed to be held in the mouth for 30 seconds and then swallowed. Ask your practitioner before taking it any other way.

Q: Can I take it with my other supplements?

A: Often, yes, but tell your practitioner about everything you take. Some supplements, such as chromium, cinnamon or alpha-lipoic acid, may also affect blood sugar, and your practitioner will want the full picture.

Is Berbexa™ **Safe for Me?**

Q: Is Berbexa™ safe?

A: Berbexa™ is made from botanical ingredients with a long history of use, in a cGMP, FDA-registered facility. But like anything you put in your body, it is not right for everyone. That is one reason it is available only through approved health and wellness businesses, and why you should check with your doctor first if you take any medicines.

Q: Who should not take Berbexa™?

- Women who are pregnant or breastfeeding
- Children (keep out of reach of children)
- Anyone sensitive to caffeine should talk to their practitioner first, because Berbexa™ contains caffeine from green tea extract

Q: Can Berbexa™ interact with my medicines?

A: It can, so speak with your doctor before use if you take any medicine. Berberine may add to the effect of medicines that lower blood sugar, which could make blood sugar drop too low. Berberine can also change how the body processes some other medicines.

If you take medicine for blood sugar, learn the signs of low blood sugar: shakiness, sweating, dizziness, confusion, a fast heartbeat or sudden hunger. Follow your doctor's advice if they happen.

Q: Are there side effects?

A: Most people take berberine without problems. Some notice mild stomach upset, such as constipation, diarrhea or gas, especially in the first days. Taking Berbexa™ with food may help. Stop taking it and contact your practitioner if you have any side effect that concerns you.

CAUTIONS FROM THE LABEL

Do not use if pregnant or nursing. **Consult your physician before use if you are taking medication for blood sugar or any other health condition.** Discontinue use and consult your physician if you experience any adverse effects. Contains caffeine. Keep out of reach of children.

Getting the **Best Results**

Q: How long until I notice a difference?

A: Supplements work gradually, and everyone is different. Take Berbexa™ every day for at least three months (three bottles), then review your progress with your practitioner. Staying consistent matters more than anything else.

Q: How will we know how I'm doing?

A: Your practitioner may track measures such as your fasting blood sugar, your A1C (an average of your blood sugar over about three months), your weight and your waist size, along with how you feel day to day. Because A1C reflects about three months, that is a sensible time for a first review.

Q: What daily habits work best alongside Berbexa™?



Walk for 10 to 15 minutes after meals. A short walk helps your muscles use glucose from the meal you just ate.



Fill half your plate with vegetables, and choose whole grains, beans and other high-fiber foods over refined carbohydrates.



Drink water instead of soda, juice and other sugary drinks.



Aim for 7 to 9 hours of sleep. Poor sleep can make blood sugar harder to manage.



Take Berbexa™ at the same time every day, and track it below.

My 30-day Berbexa™ tracker

Tick a box each day you take your dropper. Bring it to your next visit.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Berbexa™ at a Glance

Supplement Facts

Serving Size: 1 mL (1 dropper)
Servings Per Container: 30

Amount Per Serving	% DV
Proprietary Blend	**190 mg †**
Berberine HCl Turmeric root extract (*Curcuma longa* L.) Green tea extract (leaf) (50% caffeine) (*Camellia sinensis* L.) Black pepper extract (fruit) (*Piper nigrum*)	

† Daily Value (DV) not established.

Other ingredients: D-limonene, MCT oil, mannitol, vitamin E. No sugar, salt, gluten, soy, egg, nuts, or artificial colors or flavors.

Directions

Shake very well before use. Adults: use the dropper to place 1 mL in the mouth. Hold for 30 seconds before swallowing.

*Supports**

- Healthy blood sugar levels*

Size

1 fl. oz. (30 mL) bottle. 30 servings, a one-month supply.



WHERE YOU BOUGHT BERBEXA™

Berbexa™ is available only through approved health and wellness businesses. Ask them about your next bottle.

Dispensed by _____

which sells this product.

Formulated by Prof. Dr. F. C. Tulunay, M.D., Ph.D. · Distributed by Austin Herbal Sciences, Cedar Park, TX 78613
This booklet is for general information and is not a substitute for advice from your own health practitioner.

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