

Dietary Supplement Label Database

Products

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Product: Berberine HCL 500 mg



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Product Overview

This section shows information taken from the product label and how the product label is tracked and classified within the database.

General Information

Product Name: Berberine HCL 500 mg

Brand: Good State
[Products by this brand](#)

Bar Code:	8 50023 84745 4
Net Contents:	120 Vegetarian Capsule(s)
Market Status:	On Market
Date entered into DSLID:	2024-07-25
DSLID ID:	310819

Product Classification

Product Type:	Non-Nutrient/Non-Botanical
Supplement Form:	Capsule
Dietary Claim(s) or Use(s):	All Other, Structure/Function
Intended Target Group(s):	Adult (18 - 50 Years), Children (All), Women (not pregnant or lactating)

Label Information

The information provided below about this product is a complete representation of the manufacturer's label contents on the date that the data was entered on **2024-07-25**.

Supplement Facts

Daily Value (DV) Target Group(s):	Adults and children 4 or more years of age
Serving Size:	1 Capsule(s)
Alternate Serving Size:	-

Servings per Container: 120

Serving Size(s)	1 Capsule(s)
Ingredient	Amount per Serving
Berberine Hydrochloride (Berberine HCl)	500 mg
Footnotes: % DVs are based on a 2,000 calorie diet	

Other Ingredients: Rice Flour, Cellulose

Label Statements

Statement of Identity: Dietary Supplement

Formulation: This product is made with high quality Berberine HCL and not Berberine Sulfate.
This product is made with high quality Berberine HCL and not Berberine Sulfate.
Formulated for cholesterol support
High bioavailability
Professional Grade
Contains 500 mg Berberine HCL
Good State's Nano Ionic Supplements
Good State is proud to follow Good Manufacturing Practices (GMP)
100% satisfaction guaranteed

Other: For increased support, try Glyco-X 500
FBA USA
Text support +1-215-608-1124
Give your body what it needs!
Health Solutions

Precautions: Warning: Do not use if you are pregnant attempting to become pregnant, or nursing. Consult a healthcare professional before using

this, or any other dietary supplement, especially if you have, or suspect you may have, any medical condition, or if you are taking anticoagulants, blood thinners, or any other dietary supplement, prescription, or over-the-counter medications, as combining these products may cause side effects.

Discontinue use and immediately call a healthcare professional if you experience any adverse reactions. Do not exceed recommended serving.

Note: No product claims are being made or implied.

Research is ongoing.

Children: Please consult a physician.

Caution: Keep out of reach of children.

Do not exceed 3 capsules per day. Do not take on an empty stomach. Do not take without water or juice.

Always speak with your physician before using any dietary supplement. Do not use if tamper evident seal is broken or missing.

Product Specific Information:

For freshness after opening, store in a cool, dark place.

Seals/Symbols:

Made in USA

Suggested Use:

Directions: Adults: Take 1 capsule with 6 - 8 oz of water or juice 15 minutes before meals. Children: Please consult a physician. Use more if needed or as recommended by your healthcare professional. New users should gradually increase dosing. Do not exceed 3 capsules per day. Do not take on an empty stomach. Do not take without water or juice. Results will vary.

Brand Information

Companies affiliated with a product may include manufacturers, distributors, packagers and resellers. The contact types listed below are the types reported on this product's label.

Distributor

Manufactured for and Distributed by

GoodState Inc
575 Virginia Dr., Suite C
Fort Washington, PA 19034
1-866-227-6097
www.GoodState.com

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Dietary Supplement Label Database

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National Institutes of Health
Office of Dietary Supplements

Affiliates: HHS NIH ODS

Version 9.5.0 | May 2026

Berberine 1500 mg (Label) | Dietary Supplement Label Database (DSLD)

 dslid.od.nih.gov/label/282103

Product:



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Product Overview

This section shows information taken from the product label and how the product label is tracked and classified within the database.

General Information

90 Vegetarian Capsule(s)

Date entered into DSLD:

Product Classification

Non-Nutrient/Non-Botanical

Dietary Claim(s) or Use(s):

Intended Target Group(s):

Vegan, Vegetarian, Adult (18 - 50 Years)

Label Information

The information provided below about this product is a complete representation of the manufacturer's label contents on the date that the data was entered on 2023-01-23.

Supplement Facts

Daily Value (DV) Target Group(s):

Adults and children 4 or more years of age

Alternate Serving Size:

Servings per Container:

Serving Size(s) of	3 Capsule(s)
Ingredient	Amount per Serving
Berberine HCl	1500 mg
Berberine HPLC, Berberis aristata	
Berberine HCl (Form: from Berberis aristata Genus: Berberis	
Species: aristata, Std. to 97% Berberine HPLC)	

Footnotes: N/A

Methylcellulose, ground Rice, Rice Extract Blend, Magnesium Stearate (Mg Stearate), Silicon Dioxide (SiO₂)

Label Statements

Caution: Do not exceed recommended dose.

Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or taking prescription medication should consult a physician before taking this or any dietary supplement.

Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or taking prescription medication should consult a physician before taking

this or any dietary supplement.

Keep out of reach of children.

Do not use if tamper evident seal is broken or missing.

Product Specific Information:

Store in a cool, dry place.

Clean Label Project Certified

Suggested Use: Take 3 capsules daily (1 serving), preferably with a meal, or as directed by a physician.

Brand Information

Companies affiliated with a product may include manufacturers, distributors, packagers and resellers. The contact types listed below are the types reported on this product's label.

Distributor

Wholesome Story PO Box 15344 Seattle, WA 98115 www.wholesomestory.com

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Berberine HCL (Label) | Dietary Supplement Label Database (DSLD)

 dslid.od.nih.gov/label/293642

Product:



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Product Overview

This section shows information taken from the product label and how the product label is tracked and classified within the database.

General Information

Date entered into DSLD:

Product Classification

Non-Nutrient/Non-Botanical

Dietary Claim(s) or Use(s):

All Other, Structure/Function

Intended Target Group(s):

Vegan, Vegetarian, Adult (18 - 50 Years), Gluten Free, Dairy Free

Label Information

The information provided below about this product is a complete representation of the manufacturer's label contents on the date that the data was entered on 2023-06-22.

Supplement Facts

Daily Value (DV) Target Group(s):

Adults and children 4 or more years of age

Alternate Serving Size:

Servings per Container:

Serving Size(s) of	1 Capsule(s)
Ingredient	Amount per Serving
Berberine Hydrochloride, Powder (Berberine HCl)	300 mg
Berberis aristata, Powder	
Standardized to contain min 98% Berberine HCL	

Footnotes: N/A

Label Statements

Herbadiet Berberine is a high potency standardized extract. This full spectrum extract retains all the active constituents in nature intended balanced ratio. Encapsulating this goodness in our quick release, easy to swallow vegan capsules, guarantees you a premium quality nutritional supplement

May help support normal insulin levels

Weight management support

Free of fillers, binders, artificial ingredients, dairy, soy, wheat, gluten, yeast

Suitable for vegetarians and vegans

Contains nothing other than listed ingredients

Keep out of reach of children.

So not use if seal under the cap is broken or missing.

Dietary supplement shouldn't be used as a substitute for a varied diet

Caution: If you are pregnant, breastfeeding, or taking medications, consult your doctor before use.

Discontinue use and consult your doctor if any adverse reactions occur.

Product Specific Information:

Store in a cool dry place.

FSSAI (Food Safety and Standards Authority of India)

Lic. No.: 20817018000147

Vcaps Plus (vegetarian)

Directions for use: As a dietary supplement, take 1 capsule, twice daily, or as directed by your physician

Brand Information

Companies affiliated with a product may include manufacturers, distributors, packagers and resellers. The contact types listed below are the types reported on this product's label.

Distributor

Arkure Health Care11, Sector - 14Rohtak, Haryana 124001www.herbadiet.in

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CinSulin (Label) | Dietary Supplement Label Database (DSLDD)

 dsldd.od.nih.gov/label/60586

Product:



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Product Overview

This section shows information taken from the product label and how the product label is tracked and classified within the database.

General Information

170 Vegetarian Capsule(s)

Date entered into DSLDD:

Product Classification

Botanical with Nutrients

Dietary Claim(s) or Use(s):

Nutrient , All Other, Structure/Function

Intended Target Group(s):

Adult (18 - 50 Years), No Allergies, Gluten Free, Dairy Free, Sugar Free

Label Information

The information provided below about this product is a complete representation of the manufacturer's label contents on the date that the data was entered on 2016-06-24.

Supplement Facts

Daily Value (DV) Target Group(s):

Adults and children 4 or more years of age

Alternate Serving Size:

Servings per Container:

Serving Size(s) of	2 Capsule(s)	
Ingredient	Amount per Serving	% DV, Adults & children 4+ years
Vitamin D3 Cholecalciferol	500 IU	125%
Chromium Chromium Picolinate Chromium (Form: as Chromium Picolinate (Alt. Name: Chromax))	400 mcg	333%
Cinnamon bark extract (CinSulin) Type A Polymers Cinnamon bark extract (Form: standardized to not less than 3% Type A Polymers) (Alt. Name: CinSulin) PlantPart: bark	500 mg	-

Footnotes: N/A

Hypromellose, Cellulose, Magnesium Stearate, Silicon Dioxide (SiO₂)

Label Statements

CinSulin is a registered trademark of BJTA Nutrition & Healthcare Prods. Co. and is licensed under US Patent #6200569. Chromax is a registered trademark of Nutrition 21.

TruNature is a registered trademark of Costco Wholesale Corporation.

- 2 capsules deliver 500 mg cinnamon extract plus 400 mcg chromium and 500 IU Vitamin D3

Free of: Gluten, wheat, sugar, lactose, milk, fish, common allergens, artificial flavors, central nervous stimulants & caffeine.

Free of: Gluten, wheat, sugar, lactose, milk, fish, common allergens, artificial flavors, central nervous stimulants & caffeine.

Warning: Not intended for use by pregnant or nursing women, or people with known allergies to cinnamon or any ingredient in this product.

Our advanced CinSulin is fortified with clinically proven Chromium Picolinate. We also added Vitamin D3 to fortify our formula for overall good health.

A fresh approach to healthy living

water extract of cinnamon

- cinnamon concentrate 10:1 strength to support & enhance overall health

- helps promote sugar metabolism

- supports healthy blood glucose levels (within the normal range)

This product is sold by number of capsules and may not visually look full. A large bottle must be used to accommodate all label requirements.

Herbs have a distinct natural odor and may vary in color.

Infoline: 1-888-225-4959

These powerful, proven nutrients help promote sugar metabolism used for healthy glucose levels within the normal range.

The power of clinically proven nutrients

Advanced CinSulin water extract of cinnamon is a different and unique natural extract of the cinnamon plant. Our patented process concentrates the beneficial and active ingredients at a 10:1 ratio when compared to common cinnamon.

This means our suggested dosage is equal to 5,000 mg of ground common cinnamon.

Warning: Not intended for use by pregnant or nursing women, or people with known allergies to cinnamon or any ingredient in this product. If you are taking medication or have a medical condition, consult your physician before use.

Diabetics/Hypoglycemics: Use only under physician supervision.

Keep out of the reach of children

Tamper evident seal under cap. Do not use if printed seal is broken or missing.

Product Specific Information:

Store at room temperature, tightly closed, away from heat, light and moisture.

Suggested use: Take two capsules once daily with water during a meal.

Brand Information

Companies affiliated with a product may include manufacturers, distributors, packagers and resellers. The contact types listed below are the types reported on this product's label.

Distributor

Costco Wholesale Corporation P.O. Box 34535 Seattle, WA 98124-1535

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Chromium - Consumer

 ods.od.nih.gov/factsheets/Chromium-Consumer

Chromium

Fact Sheet for Consumers

This is a general overview. For more in-depth information, see our [health professional fact sheet](#).

What is chromium and what does it do?

Chromium is a [mineral](#) found in many foods. Researchers do not fully understand what chromium does in your body, but it might help you use carbohydrates, fats, and [proteins](#).

There are two main forms of chromium. This fact sheet is about chromium (III), the type of chromium found in foods and some [dietary supplements](#). A different type of chromium, called chromium (VI) (sometimes called hexavalent chromium) is a poisonous byproduct of industrial manufacturing.

How much chromium do I need?

Scientists do not currently think that chromium is necessary for good health, and chromium [deficiency](#) has not been reported in healthy people. However, in 2001 scientists did consider chromium to be an [essential nutrient](#), and they set recommended amounts based on the [evidence](#) available at that time. Here are the average daily recommended amounts in [micrograms](#) (mcg) that were established in 2001:

Life Stage	Recommended Amount
Birth to 6 months	0.2 mcg
Infants 7–12 months	5.5 mcg
Children 1–3 years	11 mcg
Children 4–8 years	15 mcg
Boys 9–13 years	25 mcg
Girls 9–13 years	21 mcg

Life Stage	Recommended Amount
Teen boys 14–18 years	35 mcg
Teen girls 14–18 years	24 mcg
Adult men 19–50 years	35 mcg
Adult women 19–50 years	25 mcg
Adult men 51+ years	30 mcg
Adult women 51+ years	20 mcg
Pregnant teens	29 mcg
Pregnant women	30 mcg
Breastfeeding teens	44 mcg
Breastfeeding women	45 mcg

[Download this table as a CSV file](#)

What foods provide chromium?

Many foods contain chromium. The amount of chromium in fruits and vegetables depends on the amount of chromium in the soil and water in which they were grown. The amount in meat depends on the animal's diet. Using stainless steel equipment to process or cook foods can increase the chromium content of food because small amounts of chromium transfer to the food.

You can get recommended amounts of chromium by eating a variety of foods, including the following:

- Meats, such as ham, beef, and turkey
- Bread and other grain products
- Vegetables, such as lettuce and green beans
- Fruit, such as apples and bananas
- Juices, such as grape, orange, and tomato juices
- Brewer's yeast and nuts

What kinds of chromium dietary supplements are available?

Chromium is available in many dietary [supplements](#), such as multivitamin/mineral supplements and supplements that contain only chromium. Chromium in dietary supplements is in many forms, including chromium picolinate and chromium chloride. Your body [absorbs](#) chromium similarly from the different forms used in supplements.

What are some effects of chromium supplements on health?

Scientists are studying chromium supplements to understand whether they affect health. Here are some examples of what this research has shown.

High blood sugar levels and diabetes

Chromium supplements are often promoted to improve [blood sugar control](#) in people with type 2 [diabetes](#). However, studies examining the effects of chromium on high blood sugar levels or diabetes have had mixed results. The American Diabetes Association does not recommend chromium supplements for people with diabetes because these supplements don't have a clear benefit. More research is needed to understand whether chromium supplements might improve blood sugar control in some people.

Metabolic syndrome

[Metabolic](#) syndrome—the combination of excess belly fat, high levels of fat in the blood, high blood sugar, [high blood pressure](#), and low levels of HDL (good) [cholesterol](#)—raises the [risk](#) of heart disease, diabetes, and [stroke](#). A few [clinical trials](#) have studied the effect of chromium supplements on metabolic syndrome. These studies did not show a benefit of chromium supplementation in people with metabolic syndrome.

Polycystic ovary syndrome

Polycystic [ovary](#) syndrome (PCOS) is a hormonal [disorder](#) that affects females of [reproductive age](#). [Symptoms](#) include irregular periods, [infertility](#), excess hair on the face or body, [acne](#), and weight gain. PCOS raises the risk of diabetes and heart disease. Studies examining the effects of chromium supplements on PCOS have had mixed results. Any potential benefits appear to be very small. More research is needed to understand whether taking chromium might help lower the risk of PCOS or improve symptoms.

High cholesterol levels

High levels of LDL (bad) cholesterol can raise your risk of [heart attack](#) and stroke. Studies have examined whether chromium supplements improve cholesterol levels. The results of these studies have been mixed. More research is needed to understand whether chromium supplements have any effect on cholesterol levels.

Weight and lean body mass

Some chromium supplements are marketed for weight loss and to reduce body fat and increase muscle mass. However, clinical trials have found only a very small benefit. This benefit is unlikely to make any difference in health or appearance.

Can chromium be harmful?

Chromium from food and dietary supplements does not appear to cause any harm, but research is limited. People with [kidney disease](#) or [liver](#) disease should be cautious about taking high amounts of chromium.

Does chromium interact with medications or other dietary supplements?

Yes. Chromium supplements might [interact](#) or interfere with medicines that you take. Here are a few examples:

- Insulin. Taking chromium together with insulin might cause low blood sugar levels.
- Metformin and other antidiabetes medications. If you take antidiabetes medicine, taking chromium dietary supplements might cause low blood sugar levels.
- Levothyroxine. Levothyroxine is a medication used to [treat hypothyroidism](#) (a condition in which the [thyroid gland](#) does not make enough thyroid [hormone](#)). Taking chromium dietary supplements together with levothyroxine might reduce the amount of levothyroxine your body absorbs so you might not be getting the full effect of the medication.

Tell your doctor, [pharmacist](#), and other health care providers about any dietary supplements and [prescription](#) or over-the-counter medicines you take. They can tell you if these dietary supplements might interact with your medicines. They can also explain whether the medicines you take might interfere with how your body absorbs or uses chromium or other nutrients.

Healthful eating

People should get most of their nutrients from food and beverages, according to the federal government's [Dietary Guidelines for Americans](#). Foods contain [vitamins](#), minerals, [dietary fiber](#), and other components that benefit health. In some cases, [fortified](#) foods and dietary supplements are useful when it is not possible to meet needs for one or more nutrients (for example, during specific life stages such as pregnancy). For more information about building a healthy dietary pattern, see the [Dietary Guidelines for Americans](#) .

Where can I find out more about chromium?

- For more information on chromium and food sources of chromium
[Office of Dietary Supplements](#) (ODS) Health Professional Fact Sheet on [Chromium](#)
- For more advice on choosing dietary supplements
ODS [Frequently Asked Questions: Which brand\(s\) of dietary supplements should I purchase?](#)
- For information about building a healthy dietary pattern
[Dietary Guidelines for Americans](#) 

Disclaimer

This fact sheet by the National Institutes of Health (NIH) Office of Dietary Supplements (ODS) provides information that should not take the place of medical advice. We encourage you to talk to your health care providers (doctor, registered dietitian, pharmacist, etc.) about your interest in, questions about, or use of dietary supplements and what may be best for your overall health. Any mention in this publication of a specific product or service, or recommendation from an organization or professional society, does not represent an endorsement by ODS of that product, service, or expert advice.