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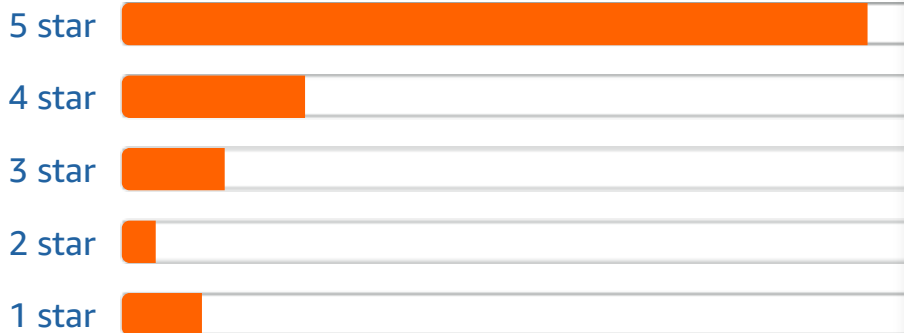
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< Dihydroberberine Super Berberine Supplement - Gluco

Customer reviews

★★★★☆ 4.3 out of 5

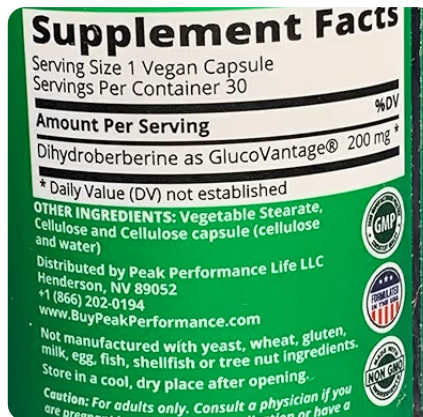
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How customer reviews and ratings work

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Reviews with images



Top reviews



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182 customer reviews

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From the United States



RJM936

★★★★★ **Verified Purchase**

Increased my insulin sensitivity in less than two weeks!

Reviewed in the United States on August 1, 2025

Was wearing a watch which could measure blood glucose levels every 10 minutes and display a graph of changes. After using this product the graph went from rapid changes between high numbers to extremely high numbers after meals, and extreme crashes afterwards. After... [See more](#)

9 people found this helpful

Helpful



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Nancy

★★★★★ **Verified Purchase**

great product

Reviewed in the United States on April 17, 2026

I LOVE THIS STUFF

Helpful



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[Report](#)



Craven Moorhead

★★★★☆ **Verified Purchase**

Not for me, unfortunately

Reviewed in the United States on August 28, 2025

I'm sure this probably works alright but I bought it simply for the lack of ingredients to see if I might have an allergic reaction to Dihydroberberine. I'd previously bought a thermogenic with Dihydroberberine and other ingredients and started developing a rash on... [See more](#)

8 people found this helpful

Helpful

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Report



Justine

★★★★★ **Verified Purchase**

Works well

Reviewed in the United States on October 26, 2025

Noticeably helps with blood sugar. Less spikes and dizziness.

One person found this helpful

Helpful

 Share

Report



CJV

★★★★★ **Verified Purchase**

Wonderful Berberine Supplement!!!!

Reviewed in the United States on November 1, 2024

I have been using Peak Performance Dihydroberberine GlucoVantage® for a few years now. It's a wonderful product. It does not cause my stomach to be upset like most other brands of berberine have in the past. Berberine has a lot of great benefits. Peak Performance... [See more](#)

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Helpful

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Bob S.

★★★★☆ **Verified Purchase**

Couldn't Tolerate This Supplement

Reviewed in the United States on April 26, 2024

I was looking forward to using this form of berberine. the first night I took one capsule before dinner as directed and the next morning I was so dizzy I became concerned. I thought maybe my blood sugar was too low but after testing it was on the high side. I felt... [See more](#)

17 people found this helpful

Helpful

 Share

Report



Freddy

★★★★★ **Verified Purchase**

Great product

Reviewed in the United States on November 20, 2025

Excellent product.

100 times better than so called HealMeal fake dangerous Dihydroberberine with unknown ingredients.

Don't buy HealMeal Dihydroberberine , buy Super Berberine, Excellent quality !

3 people found this helpful

Helpful

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Report



S

☆☆☆☆☆ **Verified Purchase**

Nauseous

Reviewed in the United States on June 22, 2026

I tried this hoping it would help not have side effects from berberine. I think my body just doesn't like any berberine. Made me very nauseous and stomach pain.

Helpful

 Share

Report



Seats

★★★★★ **Verified Purchase**

Great

Reviewed in the United States on March 30, 2026

Great

Helpful

Share

Report



Lorena

★★★★★ Verified Purchase

Ayuda con el azúcar para los que no tienen problema de azúcar

Reviewed in the United States on January 4, 2026

Este producto controla el azúcar en sangre, ideal para personas que no tienen problemas médicos pero quieren controlar el azúcar que consumer a diario o regularla. Muy bueno !

Helpful

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Dihydroberberine Super Berberine Supplement - GlucoVantage® 200mg Now 5X More Effective Than Regular Berberine HCL Powder Capsules. Metabolism Support Keto Friendly Plus Vegan Extract Pills

 amazon.com/Super-Berberine-GlucoVantage®-Berberine-Metabolism/dp/B095JCB9B9/ref=sr_1_7

[Product summary presents key product information](#)

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Additional Details

Small Business

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Frequently bought together



This item: Dihydroberberine Super Berberine Supplement - GlucoVantage® 200mg Now 5X More Effective Than Regular Berberine HCL Powder Capsules. Metabolism Support Keto Friendly Plus Vegan Extract Pills

\$29.95\$29.95 (\$1.00/count)

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[Ultra High Strength 4-in-1 Super Berberine Patented GlucoVantage + Wild Bitter Melon + Cinnamon Extract + Chromium Picolinate Vegan Capsules. Great Supplement to Support After-Meal Spikes and Energy](#)

\$29.95\$29.95 (\$0.50/count)

Total price: \$59.90\$59.90

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Product Videos

Top dihydroberberine supplements for health

Important information

Safety Information

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease. Always read labels and follow directions provided by the manufacturer.

Indications

Metabolism support, energy support, supports balanced levels after meals, keto friendly

Ingredients

Dihydroberberine (DHB) as GlucoVantage 200mg

Directions

For best results take 1 capsule before your biggest meal or as recommended by your health care practitioner.

Legal Disclaimer

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Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.



[Dihydroberberine Super Berberine Supplement - GlucoVantage® 200mg Now 5X More Effective Than Regular Berberine HCL Powder Capsules. Metabolism Support Keto Friendly. Plus Vegan Extract Pills](#)

Product description

WHAT DO WE STAND FOR?

- POTENCY, QUALITY, AND PURITY
- Proudly formulated and manufactured in the USA with globally sourced ingredients
- Strictly Non-GMO ingredients and No artificial processing

We STRIVE TO MAKE A DIFFERENCE...

- 1-For-1 Donation with the Nonprofit Vitamin Angels
- For every unit sold, we supply a child at risk of malnutrition with vitamins
- We have supplied vitamins to over 3,000,000+ children at risk of malnutrition

Why Not 5X Your Berberine Absorption?

Peak Performance GlucoVantage Super Berberine contains Dihydroberberine (DHB), an active metabolite of berberine. Compared to regular berberine, DHB has shown to be up to 5x more bioavailable/absorbable, and 2x longer-lasting (8 hours vs. 4 hours).

Natural Vs Synthetic

Synthetic vitamins and supplements are not as bioavailable, not absorbable / usable and not recognizable to the body as naturally derived supplements. Mounting studies on this natural herb, show increasing adaptogenic benefits. All of our ingredients are carefully chosen and 3rd party tested for purity.

VEGAN FORMULATED - Free of Gluten, GMOs, Additives, Preservatives, Artificial Colors, Soy, and Dairy. Manufactured Under GMP Regulations and USA Standards.

FOR HIGH PERFORMANCE INDIVIDUALS - Not just for athletes who need to perform physically at their peak... This supplement is also for busy professionals, moms on-the-go, entrepreneurs, and health conscious individuals who want to MENTALLY and PHYSICALLY perform at their optimum levels everyday.

1-FOR-1 DONATION - FOR EVERY BOTTLE YOU PURCHASE - Peak Performance through our partnership with the Nonprofit Vitamin Angels - Will SUPPLY VITAMINS TO A CHILD AT RISK OF MALNUTRITION.

YOU ARE HELPING CHILDREN IN NEED. So THANK YOU for your contribution.

Product details

- Product Dimensions : 1.65 x 1.73 x 3.5 inches; 1.13 ounces
- Item model number : PPBERBERINE
- Date First Available : October 7, 2021
- Manufacturer : Peak Performance
- ASIN : B095JCB9B9
- Best Sellers Rank: #23,459 in Health & Household ([See Top 100 in Health & Household](#))
#669 in [Blended Vitamin & Mineral Supplements](#)
- Customer Reviews:
[4.3 4.3 out of 5 stars \(1,272\)](#)

Customer reviews

4.3 out of 5 stars

4.3 out of 5

1,272 global ratings

[How customer reviews and ratings work](#)

Customers say

Customers find the berberine supplement effective, particularly noting it works well with metformin and helps lower glucose levels. The supplement is easy to swallow and helps control appetite and sugar cravings, with one customer reporting a subtle increase in energy after meals. While some customers say it doesn't cause stomach upset, others experience nausea and severe bloating. Customers disagree on the value for money, with some finding it worth the cost while others consider it expensive.

AI Generated from the text of customer reviews



Generated from the text of customer reviews

Top reviews from the United States

- [RJM936](#)

5 out of 5 stars

[Increased my insulin sensitivity in less than two weeks!](#)

Reviewed in the United States on August 1, 2025

Was wearing a watch which could measure blood glucose levels every 10 minutes and display a graph of changes. After using this product the graph went from rapid changes between high numbers to extremely high numbers after meals, and extreme crashes afterwards. After taking this concentrated Berberine, I now have much lower numbers with gradual changes. Now my graph looks like slowly rolling hills instead of mountain with cliffs. What a blessing! And even if I forget to take a capsule, the numbers stay consistent.

9 people found this helpful

Helpful

[Report](#)

- [Nancy](#)

5 out of 5 stars

[great product](#)

Reviewed in the United States on April 17, 2026

I LOVE THIS STUFF

Helpful

[Report](#)

- [Craven Moorhead](#)

4 out of 5 stars

[Not for me, unfortunately](#)

Reviewed in the United States on August 28, 2025

I'm sure this probably works alright but I bought it simply for the lack of ingredients to see if I might have an allergic reaction to Dihydroberberine. I'd previously bought a thermogenic with Dihydroberberine and other ingredients and started developing a rash on the back of my legs. So, I tried to isolate to one ingredient more-or-less and had the same reaction with this. With that said, I'm not going to say it doesn't work. It did help with hunger stability but am unable to continue to take this and it's not the company's fault. I had no upset stomach either.

8 people found this helpful

Helpful

[Report](#)

- [Justine](#)

5 out of 5 stars

[Works well](#)

Reviewed in the United States on October 26, 2025

Noticeably helps with blood sugar. Less spikes and dizziness.

One person found this helpful

Helpful

[Report](#)

- [CJV](#)

5 out of 5 stars

Wonderful Berberine Supplement!!!!

Reviewed in the United States on November 1, 2024

I have been using Peak Performance Dihydroberberine GlucoVantage® for a few years now. It's a wonderful product. It does not cause my stomach to be upset like most other brands of berberine have in the past. Berberine has a lot of great benefits. Peak Performance Dihydroberberine GlucoVantage® is more bioavailable and last hours longer in your body, its all natural and non-gmo. I recommend this brand of berberine over any other brand.

12 people found this helpful

Helpful

[Report](#)

- [Bob S.](#)

3 out of 5 stars

Couldn't Tolerate This Supplement

Reviewed in the United States on April 26, 2024

I was looking forward to using this form of berberine. the first night I took one capsule before dinner as directed and the next morning I was so dizzy I became concerned. I thought maybe my blood sugar was too low but after testing it was on the high side.

I felt better as the day wore on. I decided that it must have been this form of berberine. The next evening I skipped taking it and woke up feeling fine.

So, that evening I took another capsule before dinner and the next morning I woke up once again dizzy as can be. I'm tossing this stuff.

17 people found this helpful

Helpful

[Report](#)

- [Freddy](#)

5 out of 5 stars

[Great product](#)

Reviewed in the United States on November 20, 2025

Excellent product.

100 times better than so called HealMeal fake dangerous Dihydroberberine with unknown ingredients.

Don't buy HealMeal Dihydroberberine , buy Super Berberine, Excellent quality !

3 people found this helpful

Helpful

[Report](#)

- [S](#)

1 out of 5 stars

[Nauseous](#)

Reviewed in the United States on June 22, 2026

I tried this hoping it would help not have side effects from berberine. I think my body just doesn't like any berberine. Made me very nauseous and stomach pain.

Helpful

[Report](#)

[See more reviews](#)

Safety and product resources

LEGAL DISCLAIMER

Some states prohibit the sale of products intended for weight loss or muscle building to individuals under age 18. Check your local laws prior to purchase.

Dihydroberberine Supplement 200mg 60 Capsules - with Organic Ceylon Cinnamon, 54X More Bioavailable Than Regular Berberine HCL - Nutri Supplements Dihydroberberine 200mg - 3rd Party Tested - Vegan

 amazon.com/Dihydroberberine-Supplement-200mg-Capsules-Effective/dp/B0CWC6F56X/ref=sr_1_2__sspa

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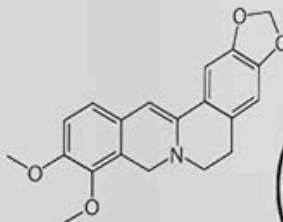
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5x More Bioavailable**

200 MG

Extra Strength

HEALTHY METABOLISM
CARDIOVASCULAR SUPPORT





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\$24.49 with 30 percent savings -30% \$24.49

\$0.41 per count(\$0.41\$0.41 / count)

List Price: \$34.99 List Price: \$34.99\$34.99

Flavor Name: DihydroBerberine

- DihydroBerberine
- Organic Berberine

Size: 60 Count (Pack of 1)

60 Count (Pack of 1)

\$24.49 with 30 percent savings\$24.49

\$0.41 per count(\$0.41\$0.41 / count)

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Additional Details

Small Business

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This item: Dihydroberberine Supplement 200mg 60 Capsules - with Organic Ceylon Cinnamon, 54X More Bioavailable Than Regular Berberine HCL - Nutri Supplements Dihydroberberine 200mg - 3rd Party Tested - Vegan

4.34.3 out of 5 stars [520](#)

-30% \$24.49\$24.49 (\$0.41/count)

List: \$34.99

+



4.34.3 out of 5 stars [337](#)

\$17.95\$17.95 (\$0.30/count)

+



4.54.5 out of 5 stars [685](#)

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Product Videos

Important information

Safety Information

DihydroBerberine and Ceylon Cinnamon are known to sometimes cause Gastrointestinal irritation and some people may experience severe side effects. Typically DihydroBerberine is gentler on the stomach than Berberine, but this may not be the case for everyone. Take with caution and stop taking immediately if issues occur and contact us for a refund. Consult a doctor before taking if nursing or pregnant.

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Product description



NACET -
Neuro-NAC



Fisetin



Urolithin A



Quercetin
Phytosome



Astaxanthin
12mg



Resveratrol
1000mg

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Customer Reviews	4.5 out of 5 stars 685	4.4 out of 5 stars 69	4.2 out of 5 stars 144	4.2 out of 5 stars 32	3.9 out of 5 stars 30	4.4 out of 5 stars 70
Price	— no data	\$48.99\$48.99	\$31.67\$31.67	\$35.99\$35.99	\$29.99\$29.99	\$44.99\$44.99

	Whole Body Detox and Glutathione Increase*	Powerful Senolytic	Antioxidant, NAD+, Cell Repair	Anti-Aging, Senolytic, Antioxidant	Eye and Heart Support, Antioxidant, Skin Health, Longevity	Powerful Antioxidant, Hair and Skin
Benefits						
cGMP/FDA Facility (Utah Department of Agriculture 2022) (FDA Code 73769)	✓	✓	✓	✓	✓	✓
Made in the USA (Orem, UT)	✓	✓	✓	✓	✓	✓
Bioavailability (Absorption/Cell Usage)	*20x more than NAC, 10x more than Liposomal Glutathione*	no data	no data	*20x more Bioavailable than normal Quercetin	no data	**15x more Bioavailable with Black Pepper
Patent	Patent Pending	no data	no data	no data	no data	no data
Other Ingredients	Glycine, Molybdenum, Selenium	Fisetin 500mg	Urolithin A 500mg	Quercetin Phytosome, Piperine	Astaxanthin 12mg	Quercetin Phytosome, Fisetin, Black Pepper



[Dihydroberberine Supplement 200mg 60 Capsules - with Organic Ceylon Cinnamon, 54X More Bioavailable Than Regular Berberine HCL - Nutri Supplements Dihydroberberine 200mg - 3rd Party Tested - Vegan](#)

From the brand

Product details

- Package Dimensions : 4.8 x 2.95 x 2.09 inches; 2.4 ounces
- Date First Available : April 30, 2024
- Manufacturer : Nature's Fusions
- ASIN : B0CWC6F56X
- Best Sellers Rank: #27,880 in Health & Household ([See Top 100 in Health & Household](#))
#65 in [Cinnamon Herbal Supplement](#)
- Customer Reviews:
[4.3 4.3 out of 5 stars \(520\)](#)

Customer reviews

4.3 out of 5 stars

4.3 out of 5

520 global ratings

[How customer reviews and ratings work](#)

Customers say

Customers report that the supplement is more effective than medications at lowering blood sugar and helps with weight loss. Moreover, the product receives positive feedback for its quality and value. However, customers disagree on the side effects, with some experiencing nausea and diarrhea. Additionally, the ingredient accuracy receives negative feedback, with one customer noting the presence of rice hulls and bran.

AI Generated from the text of customer reviews



Generated from the text of customer reviews

Top reviews from the United States

- [Mandy Miller](#)

5 out of 5 stars

[Found my new go-to brand for blood sugar support](#)

Reviewed in the United States on February 3, 2026

I recently purchased the Nature's Fusion (Nutri) Dihydro Berberine and R-Alpha Lipoic Acid here on Amazon, and I'm so glad I did. I absolutely love the Dihydro Berberine; in the short time I've been taking it (almost 3 weeks), the results regarding my blood sugar have been amazing.

I also picked up their R-ALA specifically for the Biotin and MCT content, but found it has the added benefit of helping my mood, especially when paired with Ashwagandha.

Because these products are 3rd-party tested and I've seen the proof in my own results, I plan to replace my current supplements with this brand as my old stock runs out to better support my blood sugar management and metabolic health. I highly recommend these products for anyone looking for truthful, high-quality supplements, and I will certainly be buying these again.

Disclaimer: I am not a doctor. I do not recommend switching from prescribed medication to supplements without speaking to your doctor first. This review is based solely on my personal experience.



5 people found this helpful

Helpful

[Report](#)

- [RSOYARS](#)

5 out of 5 stars

[High quality supplements](#)

Reviewed in the United States on May 19, 2026

I like this company. They make good quality products

Helpful

[Report](#)

- [John](#)

5 out of 5 stars

[On time delivery](#)

Reviewed in the United States on June 1, 2026

I like the producct

Helpful

[Report](#)

- [muitobem](#)

4 out of 5 stars

[Seems to help](#)

Reviewed in the United States on July 27, 2024

I think this is my 2nd bottle of this particular brand. It seems to be helping. It is different than taking the regular berberine. I felt as though I noticed regular berberine more..if you het what I mean. Although, dihydroberberine is supposed to be more bioavailable and this brand had high reviews from what I researched. I know that taking regular berberine actually did bring down my high cholesterol levels, so I'm hoping this has continued helping. I'll know soon when I go for bloodwork next month!

11 people found this helpful

Helpful

[Report](#)

- [Lexy Gonzales](#)

3 out of 5 stars

Intolerable side effects

Reviewed in the United States on July 11, 2024

I tried taking these for a few weeks to see how effective they were but unfortunately couldn't consistently take them due to the side effects. I found myself getting a stomach ache the first dose but the next day had no symptoms and thought I was okay and adjusted. I took it the 3rd day and had terrible nausea. This would repeat randomly. One day I'd be okay, another day extremely nauseous (like flu or food poisoning nauseous). I tried to push through it to see if I just needed to adjust to them, but after a few weeks I have called it quits. The nausea outweighed the beneficial weight management effects it had. I can't say for certain if it did or didn't help due to having to skip doses, but I will say these symptoms are common especially around people who have gut imbalances already due to the supplement killing all bacteria good or bad in your gut. I tried taking a pre and probiotic as well but it did not relieve the symptoms so I am tapping out.





16 people found this helpful

Helpful

[Report](#)

- [A. Burnett](#)

5 out of 5 stars

[GOOD ITEM, GOOD COMPANY, SATISFIED CUSTOMER, RETURNING FOR MORE](#)

Reviewed in the United States on August 27, 2024

This product tamped down my "food craving" the first day I took it. But the key is to remind yourself not to get a case of the munchies-habit every several hours. (So much of our eating is simply habituation.) On the second day of taking, I did notice a very slight slowing of the bowels, so I took about 1/5th of a teaspoon of Epsom Salts in a teacup of water. No additional problems of this nature. There are several very good YouTube lectures on DiHydroBerberine, e.g. by Dr's William Li, Sean Hashmi, Westin Childs, Shawn Tassone, and Michigan Foot Doctors (surgeons.) In addition to tamping down appetite, Berberine lowers insulin and lessens the enzymes involved with FAT synthesis, and this reduces fat fells in the body. DH-Berberine is now a part of my health routine; ordering another bottle today.

12 people found this helpful

Helpful

[Report](#)

- [tc](#)

5 out of 5 stars

[Better Taste](#)

Reviewed in the United States on April 2, 2026

This product was superior in taste to previous product I purchased. BIG difference

Helpful

[Report](#)

- [Aric Dickey](#)

5 out of 5 stars

[It's worth adding to your daily regiment.](#)

Reviewed in the United States on July 26, 2025

Great. It works as advertised. You'll eventually begin to dtop a few pounds as well. Time for 2 more bottles.



3 people found this helpful

Helpful

[Report](#)

[See more reviews](#)

Top reviews from other countries

joelle zaouk

5 out of 5 stars



Reviewed in the United Arab Emirates on September 6, 2025



[See more reviews](#)