

Best Naturals, Berberine, 500 mg, 120 Capsules

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In stock

 1,000+ sold in 30 days

Potency: 500 mg

500 mg

\$21.22

1000 mg

\$29.55

AI overview

AI generated. Not medical advice.

What it's for

Metabolic health, Digestive support, Immune support, Cardiovascular wellness

Who it may fit

Adults seeking a simple, once-daily metabolic and digestive support option or those focusing on streamlined routines for daily wellness.

Key actives per serving

Berberine HCl: **500 mg**

How to take

Take 1 capsule once daily with food; taking with a meal may help stomach comfort.

Diet / Allergen fit

Sodium Free; No artificial color, flavor, or sweetener; No preservatives; No sugar; No starch; No corn; No soy; No egg; No lactose; No gluten; No wheat; No yeast; No fish



Ingredients explained

Berberine HCl

Berberine activates cellular energy pathways like AMPK and interacts with gut microbiota, which may influence glucose and lipid metabolism and support normal gastrointestinal function.

Caution: May interact with medications that affect blood sugar or blood pressure because it can influence metabolic pathways; start with the suggested serving and monitor how you feel. Avoid during pregnancy and breastfeeding as safety data are limited.



Safety and tips

Label Warning: For adults only. If you are pregnant, nursing, taking any medications, or have a medical condition, consult your doctor before use. Stop use and consult your doctor if any adverse reactions occur.

Who should be cautious: People taking blood-sugar-lowering medications may need dose monitoring due to potential additive effects. Those with low blood pressure or taking blood pressure medications may need caution. People with liver concerns should discuss use with a healthcare provider. Since this product contains berberine, consult a healthcare provider before combining with medications that may interact.

Storage: Keep in a cool, dry place.



What customers say

4.8

Based on 2,830 ratings

Helpful for balanced blood sugar

Many users mention steadier blood sugar and fewer cravings, with some noting improved energy and weight stability.

Easy to take

Capsules are described as easy to swallow with no noticeable aftertaste or smell.

Occasional capsule leakage

A few reviewers report capsules leaking yellow powder.

Key info

Serving size **1 capsule**

Total servings **120**

Best by **05/2029**

Certifications and diet

- Halal
- Gluten-free
- Soy-free
- Wheat-free
- Preservative-free
- No artificial colors

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Item comparison 

Product rankings:

 Autoship & Save:

\$19.10 (10% off)

\$21.22 \$0.16/serving



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One-time purchase:

\$21.22

FREE shipping over \$25

Estimated delivery: **Jul 6**, order within 11 hrs 29 mins.

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Berberine may support gut health by balancing gut flora, while probiotics introduce beneficial bacteria, creating a synergistic effect for digestive wellness.

AI generated. Not medical advice.

Combo price: **\$30.97**

Product information

Overview

- Premium Formula

- GMP - Good Manufacturing Practice Product
- 3rd Party Lab Tested
- Dietary Supplement
- Sodium Free

Certain research publications indicate that Berberine may help support the following:

- Supports healthy cardiac & gastrointestinal function.
- Supports healthy immune system.

Specifications

- First available: 07/2023
- Shipping weight: 0.25 lb
- Product code: BNR-01617
- UPC: 817716016177
- Package quantity: 120 count
- Dimensions: 4.45 x 2.45 x 2.4 in, 0.25 lb

Suggested use

As a dietary supplement, take one (1) capsule daily with food, or as directed by your qualified healthcare professional.

Other ingredients

Capsule (gelatin), magnesium stearate (vegetable source), silicon dioxide.

No artificial color, flavor or sweetener, no preservatives, no sugar, no starch, no corn, no soy, no egg, no lactose, no gluten, no wheat, no yeast, no fish.

Warnings

For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if and adverse reactions occur.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

Disclaimer

Supplement facts		
Serving Size: 1 Capsule		
Servings Per Container: 120		
	Amount Per Serving	%Daily Value
Berberine HCL	500 mg	*
*Daily Value not established.		

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Category

All

Sort by

Most relevant

Why is this product called Berberine Plus 500mg when the label says it has 1000mg of Berberine in each capsule? Also, what does the "plus" mean?

1 serving is 1000 mg and it says to take 2 capsules per serving. It also says that 2 capsules per day. So I would say 1 capsule is a half serving

Disclaimer:Not medical or professional advice.

Will this get rid of my diabetes.

I have been using Berberine for 2 months .I also follow a ketogenic diet. I test my blood sugar levels every morning and the readings are now in the normal range.

Disclaimer:Not medical or professional advice.

What's the difference between 500 mg and 1000 mg if 1000 mg is 500 mg per capsule and both say 120 capsules? It sounds like if you're paying for 1000 mg, you're just throwing money away.

You can save a little on getting the 1000mg than taking the 500mg., a saving of around 3 to 4 dollars a bottle. But I prefer to take the 500mg 3 times a day as it is slowly gets into the body system than taking a large dosage at once. I take ithe 500mg 3 times a day after each meal. It significantly helps balance my blood sugar, specially when I do some 15 minutes walking after meal

Disclaimer:Not medical or professional advice.

100% authentic

Our products are sourced directly from brands or authorized distributors.

4.8

What customers say

Customers have reported positive experiences with Berberine, particularly in managing blood sugar levels and insulin resistance. Many users noted a stabilization in their weight and an overall improvement in their health. The product is praised for its quality, effective ingredients, and good value. Some customers experienced better energy levels and reduced hunger after taking the supplement. The capsules are easy to swallow, with no noticeable aftertaste or smell. However, a few users mentioned that the capsules can leak yellow powder. Overall, the product is well-received for its benefits in glucose management and supporting healthy cholesterol levels.

Review images (148)









Top positive review

Berberine or *Coptis chinensis* is one of the most widely used herb in traditional Chinese medicine. It is an alkaloid extracted from plants. Berberine has anti-inflammatory and anti-diabetic effects. It helps to stabilize our blood sugar and maintain the cholesterol level within the normal range. Research shows that taking berberine is as effective as taking metformin. I'm not diabetic. But since taking berberine 1 pill every day, I noticed my weight has stabilized. It does not spike up easily & swiftly like it normally does. I believe berberine helps to lower blood glucose and reduce insulin levels, resulting in a more stable weight. This is not a miracle weight loss supplement but it will make the journey somehow easier. Significant weight loss should be combined with healthy eating, intermittent fasting, exercise and good rest.



Top critical review

I started to take this hoping I might benefit from the ingredients to possibly help with insulin resistance. I think the dosage of this is too low for me to see the results I am looking for to help with my needs. The size of the pills are easy to swallow and this dose might benefit others, but for me, I saw no changes until I moved to a different dose and brand.

Filter by rating

Sort by

Most relevant

I was looking for a replacement for my higher costing version and I am glad I stumbled upon this one. It's the same dosage as my old one, but the greater difference is the smell. My older ones I was using from a different brand had a weird taste and smell to them. This one doesn't and it's cheaper in cost which in these times every few dollars matter.



Here's a simple review in English for ****Best Naturals Berberine 500 mg (120 capsules)****: > I've been taking this Berberine supplement for a few weeks and I'm happy with it. The capsules are easy to swallow and gentle on my stomach. I feel a bit more balanced overall — my digestion seems smoother and my energy steadier. So far, no side effects. Overall — a decent, straightforward supplement I plan to keep using.

Blood Sugar Management: Studies suggest berberine may help lower blood sugar levels and improve insulin sensitivity, making it potentially beneficial for individuals with type 2 diabetes. **Cholesterol and Heart Health:** Berberine may contribute to cardiovascular health by helping reduce LDL (bad) cholesterol and triglyceride levels while potentially increasing HDL (good) cholesterol. **Weight Management:** Some studies indicate that berberine might aid in modest weight loss by affecting insulin function and metabolic processes. **Gut Health:** Berberine exhibits antimicrobial and anti-inflammatory properties that may help regulate gut bacteria and reduce gastrointestinal discomfort. **Anti-inflammatory Effects:** Berberine may reduce inflammation by impacting inflammatory pathways in the body. **Brain Health:** Research suggests berberine might offer neuroprotective benefits, potentially helping in conditions like cognitive dysfunction and Alzheimer's disease.

I'm using it for bacterial overgrowth, that will take time to notice but I can definitely measure and feel lower blood sugar, even though my levels are regular

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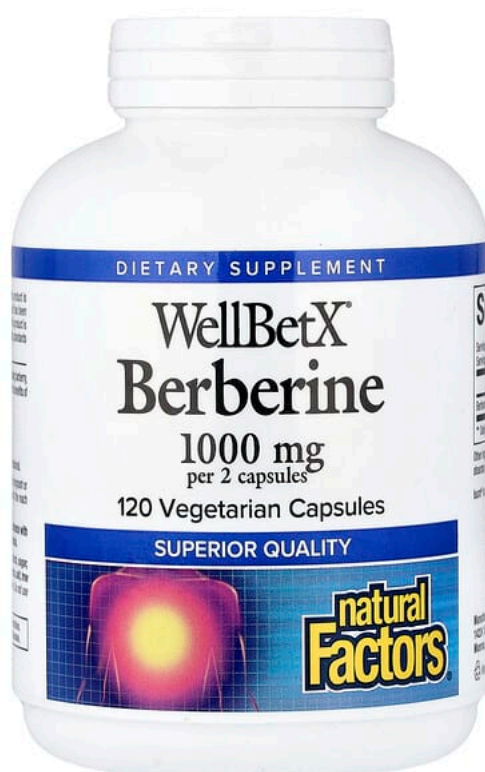
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|  [98 Q & A](#)

In stock

 10,000+ sold in 30 days

Package quantity: 120 count

60 count

\$20.27

120 count

\$34.97

AI overview

AI generated. Not medical advice.

What it's for

Metabolic health, Cardiovascular health, Gut health

Who it may fit

Adults seeking daily metabolic and gut wellness support or those with plant-based diets looking for a single-ingredient option.

Key actives per serving

Berberine HCl (from *Berberis vulgaris* root extract): **1000 mg**

How to take

Take 1 to 2 capsules daily; you can take with meals to support tolerance.

Diet / Allergen fit

Suitable for vegetarians/vegans; Non-GMO; No artificial colors, preservatives, or sweeteners; Free of dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts.



Ingredients explained

Berberine HCl (from *Berberis vulgaris* root extract)

Berberine activates cellular energy pathways like AMPK, which may influence glucose and lipid metabolism and support a healthy gut microbial balance.

Caution: May interact with medications that affect blood sugar or are metabolized by the liver, so monitor for changes and consult a professional if using with prescriptions.



Safety and tips

Label Warning: Consult a health care professional before use, especially if you are pregnant or breastfeeding, are taking medication, or have a medical condition.

Who should be cautious: People taking blood-sugar-lowering medications may need added caution, as berberine may affect glucose levels. People with low blood pressure, liver concerns, or gastrointestinal sensitivity may also wish to consult a clinician. If combining with

medications, speak with a healthcare provider first due to potential interactions associated with berberine.

Storage: Store in a cool, dry place.



What customers say

4.7

Based on 48,204 ratings

Helpful for appetite and craving control

Many customers mention reduced hunger and fewer sugar cravings.

Noticeable metabolic and energy support

Users often note improved energy and overall wellness, with some mentioning steadier daily balance.

May cause initial stomach discomfort

A few customers report mild digestive upset at first, which some managed by adjusting serving size.

Key info

Serving size **2 capsules**

Total servings **60**

Best by **11/2029**

Certifications and diet

- Vegetarian
- Vegan
- Halal
- Gluten-free
- Dairy-free
- Soy-free

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Item comparison 

Product rankings:



Autoship & Save:

\$31.47 (10% off)

\$34.97 \$0.52/serving



10% off first order, 10% off recurring



Free recurring shipping



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One-time purchase:

\$34.97

FREE shipping over \$25

Estimated delivery: **Jul 6**, order within 11 hrs 28 mins.

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Berberine may support gut health by balancing gut flora, while probiotics introduce beneficial bacteria, creating a synergistic effect for digestive wellness.

AI generated. Not medical advice.

Combo price: **\$44.72**

Product information

Overview

- Dietary Supplement

- 1000 mg Per 2 Capsules
- Superior Quality
- Suitable for Vegetarians/Vegans

Berberine is a naturally occurring plant compound found in various plants, including barberry, goldenseal, and Oregon grape. Many herbalists credit this unique alkaloid for the benefits of many traditional tonics made from these plants.

- Supports cardiovascular health.
- Promotes gut health.
- Natural Factors berberine is sustainably sourced from barberry

The ISURA® seal is your assurance that this product is independently verified as clean and safe, and has been tested for over 800 possible contaminants. This product is ISURA verified clean, one of the highest testing standards in the world.

Isura™: Non-GMO: ✓ Verified Clean: ✓

Specifications

- First available: 11/2018
- Shipping weight: 0.32 lb
- Product code: NFS-03543
- UPC: 068958035437
- Package quantity: 120 count
- Dimensions: 4.8 x 3.05 x 3.05 in, 0.32 lb

Suggested use

1-2 capsules per day or as directed by a health care professional.

Other ingredients

Vegetarian capsule (hypromellose, purified water), rice flour, magnesium stearate (vegetable grade), silica, stearic acid..

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs.

Manufactured by Natural Factors to ensure safety and potency in accordance with current good manufacturing practices (cGMP) of the FDA and Health Canada.

Warnings

Consult a health care professional before use, especially if you are pregnant or breastfeeding, are taking medication, or have a medical condition. Keep out of the reach of children.

Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Disclaimer

Supplement facts		
Serving Size: 2 Capsules		
Serving Per Container: 60		
	Amount Per Serving	%Daily Value
Berberine HCl(from Berberis vulgaris extract) (root)	1000 mg	**
**Daily Value not established.		

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Category

All

Sort by

Most relevant

does anyone have digestions problem after using it?

I can't tolerate it at all even with half a capsule. I tried for like a week and gave up, because it caused me severe stomach cramps and nausea, so bad I thought I was sick. But all the symptoms went away once I stopped taking it.

Disclaimer:Not medical or professional advice.

Should we take it before or after meal?

after meal. Subtract 25-40%, just enter the discount code NVA and 1985 in the shopping cart (no spaces between letters and numbers when entering). This is the way a friend who has been shopping here for many years. I hope you have a happy shopping. time

Disclaimer:Not medical or professional advice.

Can Berberine 500 mg (twice daily) be taken long term - indefinitely or are there long term side effects? What would be the reason to stop taking Berberine after a specific time and if so when could you start taking again?

as long as 6 months take a break for few weeks to a month then u can take for another 6 months just to be safe 🌻~🌻 there's no established long term side effect yet

Disclaimer:Not medical or professional advice.

100% authentic

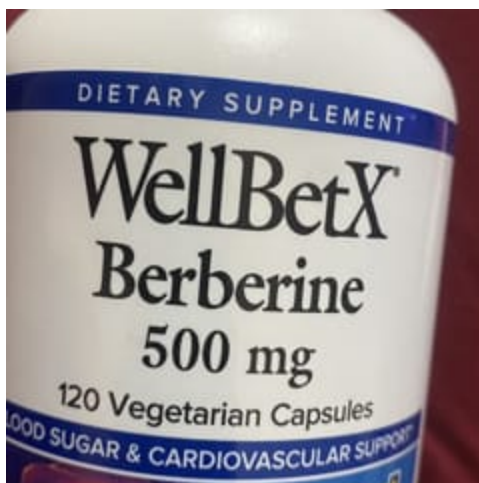
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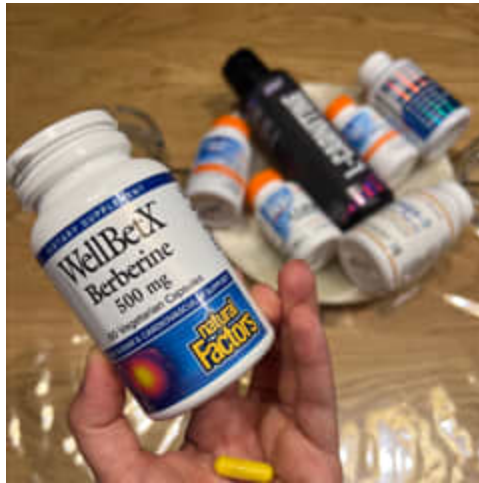
4.7

What customers say

Customers have found this Berberine supplement highly effective for weight loss, appetite reduction, and sugar craving control. Many users report significant improvements in blood sugar regulation, with some noting it works as well as or better than Metformin. The product is praised for its quality ingredients, convenient packaging, and easy-to-swallow capsules. Some experienced initial stomach issues but adjusted their dosage successfully. Users appreciate the overall health benefits, including increased energy levels and improved gut health. The product has also been beneficial for those with type 2 diabetes, helping to lower glucose levels and reduce hunger cravings.

Review images (2,715)





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Top positive review

When my doctor suggested a statin after my LDL came back at 139, I asked for 3 months to try a natural approach. After researching, I landed on this stack: Berberine, Red Yeast Rice with CoQ10, and Psyllium Husk Capsules. I take 1 Berberine capsule first thing in the morning, 2 Red Yeast Rice with breakfast, and psyllium husk before bed (and before lunch when I remember). Despite living on fast food during a stressful move — we're talking burgers, pizza, and tater tots on repeat — my LDL dropped to 111 in just 90 days. I was shocked (in the best way). If it worked this well under those circumstances, I'm excited to see how much better my numbers get when my diet improves. High cholesterol runs on both sides of my family, so I'm incredibly grateful to have found a natural, effective alternative to statins. Highly recommend giving this trio a try if you're in the same boat! Also I take 1 TBS of pure organic olive oil each morning to help with HDL and triglycerides.

Top critical review

Plays a great role with resistance of insulin , Balance blood sugar , Great for PCOS .



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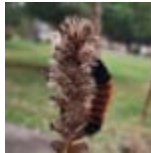
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You may see modest weight changes after taking it consistently for at least 8 weeks, together with a balanced diet and regular physical activity. This timeline makes sense considering how berberine works—it takes time to influence your metabolism and improve how your body processes insulin and blood sugar good quality

After looking for highly rated berberine and I found this brand I agree with other reviewers I like the fact that has 500 mg per capsules as I didn't want to take higher those at once This supposed to regulate the sugar and as I didn't see the doctor, I don't know how that work over last month And if that had effect and lowering my sugar

Ive ordered multiple times and have had consistent positive results. I believe Berberine to be a wonderful asset to pre/menopausal women. I take this 3 times a day and have noticed more energy and less cravings.



[Rachel](#)

, United States

Didn't have any side effects yet, so hopefully not gonna have any. Haven't noticed any improvements yet, but I'm keep taking it.



[Olga](#)

, United States

This is an amazing product and I have found a ton of benefits from using it. Great price, fast shipping and should definitely be in the rotation of your supplements. I take it with my carb heavy meals and have felt less bloated which is great.



[JD](#)

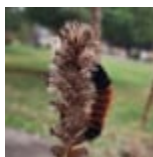
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Related categories

Nutri, Dihydro Berberine+, 60 Vegan Capsules

 iherb.com/pr/nutri-dihydro-berberine-60-vegan-capsules/144385



In stock

 500+ sold in 30 days

AI overview

AI generated. Not medical advice.

What it's for

Metabolic health, Cardiovascular support, Antioxidant support

Who it may fit

Adults interested in daily metabolic wellness support or those with diets high in refined carbs seeking simple routine support.

Key actives per serving

- Dihydroberberine (DHB): **200 mg**

- Organic Ceylon Cinnamon Extract (*Cinnamomum verum*): **300 mg**

How to take

Take 1 capsule once daily; taking with a meal may be more comfortable for digestion.

Diet / Allergen fit

Vegetarian; 3rd party tested; GMP Certified; Made in an FDA registered facility



Ingredients explained

Dihydroberberine (DHB)

Dihydroberberine is converted to berberine in the body and may influence cellular energy pathways like AMPK, which is associated with glucose and lipid metabolism.

Caution: May interact with medications that affect blood sugar; monitor how you feel and consult a professional if you use such medications.

Organic Ceylon Cinnamon Extract (*Cinnamomum verum*)

Ceylon cinnamon provides polyphenols that may support healthy glucose handling and antioxidant activity.

Caution: Cinnamon in higher intakes may cause digestive discomfort in some people; take with food if sensitive.

How they work together

Dihydroberberine may influence energy and glucose pathways, while Ceylon cinnamon offers polyphenols that support glucose handling and antioxidant balance. Together they address complementary aspects of metabolic wellness and cellular redox balance.



Safety and tips

Label Warning: For adults only. Consult a physician if you are pregnant or nursing, taking medication, or have a medical condition.

Who should be cautious: People taking blood-sugar-lowering medications may be more sensitive to berberine-type ingredients. Individuals with low blood pressure or gastrointestinal sensitivity may also want to use caution. Because this product contains a berberine derivative, discuss with a healthcare provider before combining with medications that may interact.

Storage: Store in a cool, dry place.

Key info

Serving size **1 capsule**

Total servings **60**

Best by **12/2028**

Certifications and diet

Vegetarian

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Item comparison ▼

Product rankings:



Autoship & Save:

\$23.27 (5% off)

\$24.49 \$0.39/serving



5% off or lowest price



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One-time purchase:

\$24.49

FREE shipping over \$25

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Berberine may support gut health by balancing gut flora, while probiotics introduce beneficial bacteria, creating a synergistic effect for digestive wellness.

AI generated. Not medical advice.

Combo price: **\$34.24**

Product information

Overview

- Doctor Recommended
- Ceylon Cinnamon
- 5x More Bioavailable**
- 200 mg
- Weight Loss
- Healthy Metabolism
- Cardiovascular Support
- GMP Certified - Good Manufacturing Practice
- Dietary Supplement
- Extra Strength
- Made in a FDA Registered Facility
- Vegetarian
- 3rd Party Lab Tested & Verified
- Nutri Live Better Longer

Why DHB?

Dihydroberberine is 5x more bioavailable than berberine. Reach optimal results with lower doses while still benefitting from ceylon cinnamon. Support Healthy Metabolism, Cardiovascular Health, Healthy Inflammation Levels, and Neuroprotection.

Why Nutri?

At Nutri we believe in making the highest quality and most effective products on the market, so that you can be confident that you're getting the best of the best.

****5x more bioavailable than berberine**

Specifications

- First available: 10/2024
- Shipping weight: 0.14 lb
- Product code: NFU-74281
- UPC: 810102742810
- Package quantity: 60 count
- Dimensions: 4.15 x 1.95 x 1.95 in, 0.15 lb

Suggested use

Take one capsule daily.

Other ingredients

Vegetable cellulose (capsule), rice extract blend (rice bran extract, rice hulls, gum arabic, sunflower oil).

Warnings

For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Store in a cool, dry place.

Disclaimer

Supplement facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%DV
Dihydroberberine (DHB)	200 mg	†
Organic Cinnamon Ceylon Extract(Cinnamomum verum)	300 mg	†
†Daily Value not established.		

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Review images (24)









Top positive review

I have tried the top rated standard Berberine (for weight loss) from this site, then read up on Dihydroberberine and tried this and what a huge difference. It's hard to believe this product isn't rated much higher because this has changed my life, I have lost more weight in two weeks than I did with standard Berberine over 2 months. Quality: spot on Ingredients: top notch Size: easy to take Dosage: perfect, I take 1 cap 2x daily Benefit: much higher absorption Taste: very mild Side effects: zero, except actually losing weight.

Top critical review

Buyers should Beware of the side effects before purchasing this product. On one pill, I became very ill, throwing up multiple times, body aches and chill and a pounding headache. I couldn't stand the smell of food for hours. I don't understand why no one has mentioned the side effects, I can't be the only one who experienced this.

Filter by rating

Sort by

Most relevant

The jury is still out on whether this product works as hyped. I'm still working through the bottle I ordered a few weeks back. I know these types of products take time to work through the body. I'll keep taking it, until the end of the year, to give it a fair chance.

Slightly pricier than other dihydroberberine products but it has a high dose and also the addition of Ceylon cinnamon which is nice. Overall great product

I reached for this one as I had read that Dihydroberberine is much more-5/6 times more effective and powerful than regular berberine so time will tell as I just started on this yesterday and took only one. I have big hopes for this and as you know berberine is an AMPK metabolic Activator so I am hoping that it works well with Life Extensions AMPK Metabolic Activator for a powerful synergistic effect. Time will tell and I will update after a month of trying it out!

The ingredients seem of great quality and I experienced the benefit of maintaining my weight after losing several pounds through diet and exercise. The size is average and dosage is only one capsule per day. I like the packaging, very simple yet aesthetic. There is no taste, and it is easy to take daily!

I have heard this is the best form of berberine for high absorption, and this type of cinnamon is also supposed to be the best for blood sugar. I can't wait to see how it works!

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Related categories

Nutricost, Dihydroberberine, 100 mg , 60 Capsules

 iherb.com/pr/nutricost-dihydroberberine-100-mg-60-capsules/143018

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|  [1 Q & A](#)

In stock

 750+ sold in 30 days

Potency: 100 mg

100 mg

\$17.95

200 mg

\$24.95

AI overview

AI generated. Not medical advice.

What it's for

Metabolic health; Glucose metabolism support

Who it may fit

Adults who want simple daily support for metabolic wellness and those with refined-carb or variable meal patterns.

Key actives per serving

Dihydroberberine (GlucoVantage): **100 mg**

How to take

Take 1 capsule once daily with 8–12 oz of water; taking with a meal may be more comfortable for some people.

Diet / Allergen fit

Made in the USA with globally sourced ingredients.



Ingredients explained

Dihydroberberine (GlucoVantage)

Dihydroberberine converts to berberine in the body and may influence cellular energy sensors like AMPK, which is linked to glucose and lipid metabolism.

Caution: May interact with blood sugar–lowering medications; monitor how you feel and consult a professional if you use such products.



Safety and tips

Label Warning: For healthy adults 18 years and older. Consult a healthcare professional before use if you are pregnant or nursing, taking medication, or have a medical condition.

Who should be cautious: People using blood-sugar-lowering medications may be more sensitive to dihydroberberine's effects. Those with liver concerns should discuss use with a healthcare provider. Since this product contains berberine derivative, consult a healthcare provider before combining with medications that may interact.

Storage: Store in a cool, dry place.



What customers say

4.7

Based on 537 ratings

Gentle on the stomach

Users say it feels easier on digestion than regular berberine.

Noticeable metabolic support

Several mention steadier blood sugar and reduced appetite with consistent use.

Possible mild side effects

A few report issues like insomnia or chest discomfort that stopped after discontinuing.

Key info

Serving size **1 capsule**

Total servings **60**

Best by **02/2029**

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Item comparison 

Product rankings:

 Autoship & Save:

\$16.15 (10% off)

\$17.95 \$0.27/serving



10% off first order, 10% off recurring



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One-time purchase:

\$17.95

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Estimated delivery: **Jul 6**, order within 11 hrs 28 mins.

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Berberine may support gut health by balancing gut flora, while probiotics introduce beneficial bacteria, creating a synergistic effect for digestive wellness.

AI generated. Not medical advice.

Combo price: **\$27.70**

Product information

Overview

- Dietary Supplement

- Nutricost® Quality Guaranteed
- GlucoVantage®

Enhanced Bioavailability: Contains dihydroberberine, a metabolite of berberine known for its enhanced absorption properties.

Commitment to Excellence: Nutricost is dedicated to delivering trustworthy and effective products.

Specifications

- First available: 08/2024
- Shipping weight: 0.12 lb
- Product code: NCS-57237
- UPC: 810139572374
- Package quantity: 60 count
- Dimensions: 3.85 x 2.1 x 2.05 in, 0.12 lb

Suggested use

As a dietary supplement, take 1 capsule daily with 8-12 oz of water or as directed by your healthcare professional.

Other ingredients

Rice flour, hypromellose (cellulose) capsule, magnesium stearate (vegetable source), silica,

Made and quality tested in the USA with globally sourced ingredients.

Warnings

For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

Notice: Store in a cool, dry place.

Disclaimer

Supplement facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%Daily Value
GlucoVantage®(Dihydroberberine)	100 mg	*
*Daily Value (DV) not established.		

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Category

All

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How big are the capsules? I can swallow up to size 3. And berberine is too bitter to open them up.

Not very big , drink with a tall glass of water

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100% authentic

Our products are sourced directly from brands or authorized distributors.

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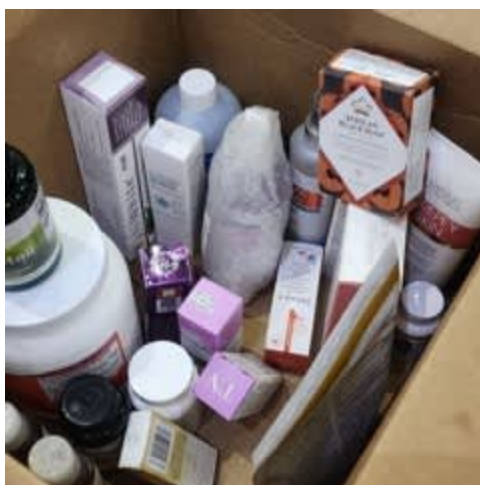
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What customers say

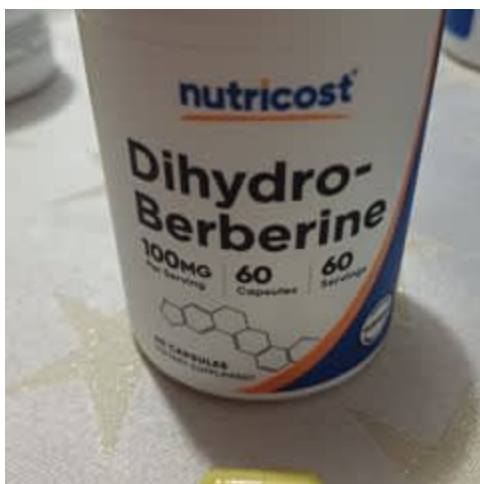
Customers express high satisfaction with the Nutricost Dihydroberberine supplement, highlighting its enhanced bioavailability and gentle impact on the stomach compared to regular berberine. Many users report improved blood sugar control, reduced appetite, and better metabolic health. The product is praised for its quality ingredients, convenient dosage, secure packaging, and pleasant taste. Some customers noted a boost in immunity and general health improvements after consistent use. While most experiences are positive, a few users mentioned mild side effects like insomnia or chest pains that resolved upon discontinuation. Overall, the supplement is recommended for those seeking metabolic support and wellness benefits.

Review images (19)









Top positive review

In less than 3 months of using it twice a day, my LDL level went down from 113 to 93 mg/dl. It's the lowest I've ever had (previous lowest 110 mg/dl, 8 years ago). I've been taking a non-liposomal berberine for over a year, and was disappointed with the lack of results. My mom didn't see a similarly spectacular improvement (11 mg/dl less over < 3 months), but it's always something. Although we never had high fasting glucose levels, so not the primary concern, they improved to 81 mg/dl for both of us, the lowest ever. Be sure to take it right before the meal, so that when the capsule dissolves, the fats are available in your stomach to dissolve dihydroberberine, which is highly lipophilic.

Filter by rating

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Most relevant

This is my second product from the Nutricost brand and I find that they have high quality ingredients. I like size of the capsules as they are small and easy to swallow with no taste. The dosage is also very easy to keep up with this has been a benefit to find since my regular brand was out of stock. I would prefer if it didn't have any fillers and was just straight dihydroberberine.

This new form of berberine is all the rave for being more bioavailable and with less gastrointestinal side effects. The size of the capsules are small and easily swallowed. I do think Nutricost needs to work on their consistency in labeling and pill-count, I have had issues with this before. Otherwise, great product for BG and lipid metabolism, as well as GI balance.

the quality is very good and the ingredients and specifications are as described. I happy about this purchase



[Acm](#)

, United States

Bought this to help with lowering my cholesterol numbers, so will see how it helps when I have my next blood test. The product seems to be a good value for the price and the capsules are easy to swallow. I like that I can get a higher dosage without having to take a lot of pills.

GlucoVantage® (dihydroberberine) is a game-changer for blood sugar stability and metabolic health. It's a highly bioavailable form of berberine that works efficiently to regulate glucose levels, making it an excellent tool for ketosis and insulin sensitivity. I regularly test my blood ketone levels, and the difference between taking GlucoVantage® and not taking it is noticeable—my ketones stay higher, and my energy remains more stable. Compared to standard berberine, it's more potent and requires a lower dose, making it a great value. If you're serious about maintaining ketosis and metabolic flexibility, this is a must-have supplement!

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, United States

Bought this to help with lowering my cholesterol numbers, so will see how it helps when I have my next blood test. The product seems to be a good value for the price and the capsules are easy to swallow. I like that I can get a higher dosage without having to take a lot of pills.

GlucoVantage® (dihydroberberine) is a game-changer for blood sugar stability and metabolic health. It's a highly bioavailable form of berberine that works efficiently to regulate glucose levels, making it an excellent tool for ketosis and insulin sensitivity. I regularly test my blood ketone levels, and the difference between taking GlucoVantage® and not taking it is noticeable—my ketones stay higher, and my energy remains more stable. Compared to standard berberine, it's more potent and requires a lower dose, making it a great value. If you're serious about maintaining ketosis and metabolic flexibility, this is a must-have supplement!

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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.

Related categories

Source Naturals, Berberine , 500 mg, 120 Vegetarian Capsules

 iherb.com/pr/source-naturals-berberine-500-mg-120-vegetarian-capsules/144255

Autoship & Save Special

Enjoy 10% off or greater available discount on your first order, and 10% off on future orders.



In stock

 100+ sold in 30 days

Package quantity: 120 count

30 count

\$9.74

60 count

\$18.46

120 count

\$35.90

AI overview

AI generated. Not medical advice.

What it's for

Metabolic health, Healthy blood glucose support, Healthy cholesterol support, Digestive health

Who it may fit

Adults seeking simple daily support for metabolic wellness or those focusing on gut-friendly routines.

Key actives per serving

Berberine HCl (from *Berberis aristata* root): **500 mg**

How to take

Take 1 capsule 1 to 2 times daily with meals; taking with food may help reduce stomach upset.

Diet / Allergen fit

Vegan, Vegetarian; Contains no yeast, dairy, egg, gluten, soy, or wheat; No preservatives, or artificial color, flavor, or fragrance.



Ingredients explained

Berberine HCl (from *Berberis aristata* root)

Berberine activates cellular AMPK pathways and influences gut and liver enzymes, which may support glucose and lipid metabolism and a healthy microbial balance.

Caution: May interact with medications that affect blood sugar or are metabolized by liver enzymes; monitor for gastrointestinal discomfort as it can cause stomach upset in some people.



Safety and tips

Label Warning: Do not use if you are pregnant, may become pregnant, or breastfeeding.

Who should be cautious: People taking blood-sugar-lowering medications may need extra caution, as berberine may affect glucose levels. People on medications should discuss with a healthcare provider before use due to potential interactions.

Storage: Store in a cool, dry place.

Key info

Serving size **1 vegetarian capsule**

Total servings **120**

Best by **04/2030**

Certifications and diet

- Vegetarian
- Vegan
- Gluten-free
- Dairy-free
- Soy-free
- Wheat-free

Discover a similar item by iHerb



Item comparison 

Product rankings:

 Autoship & Save:

\$32.31 (10% off)

\$35.90 \$0.27/serving



10% off first order, 10% off recurring



Free recurring shipping



Skip, change, or cancel anytime

One-time purchase:

\$35.90

FREE shipping over \$25

Estimated delivery: **Jul 6**, order within 11 hrs 27 mins.

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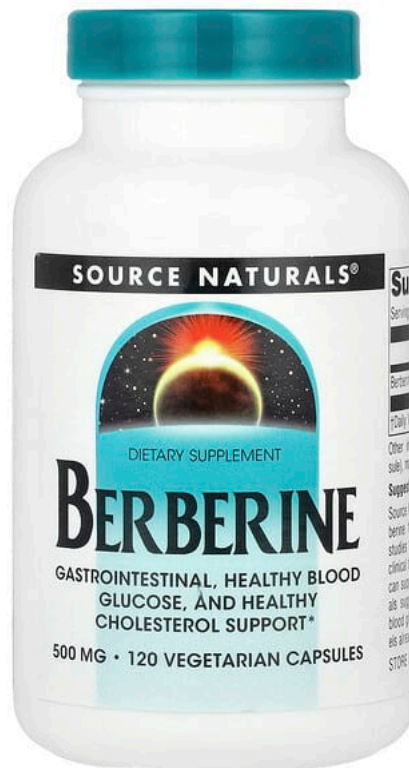
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Berberine may support gut health by balancing gut flora, while probiotics introduce beneficial bacteria, creating a synergistic effect for digestive wellness.

AI generated. Not medical advice.

Combo price: **\$45.65**

Product information

Overview

- Dietary Supplement

- Gastrointestinal, Healthy Blood Glucose, and Healthy Cholesterol Support
- Suitable for Vegans and Vegetarians

Source Naturals BERBERINE provides 500 mg of berberine hydrochloride, an amount shown in clinical studies to support multiple body systems. A human clinical trial has shown that berberine supplementation can support gastrointestinal health. Several clinical trials suggest that berberine can help support healthy blood glucose levels and healthy blood cholesterol levels already within the normal range.

Specifications

- First available: 09/2024
- Shipping weight: 0.28 lb
- Product code: SNS-02784
- UPC: 021078027843
- Package quantity: 120 count
- Dimensions: 4.6 x 2.5 x 2.45 in, 0.28 lb

Suggested use

1 capsule 1 to 2 times daily with meals.

Other ingredients

Hydroxypropyl methylcellulose (capsule), maltodextrin, stearic acid, and magnesium stearate.

Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no preservatives, or artificial color, flavor or fragrance.

Warnings

Store in a cool, dry place.

Do not use if you are pregnant, may become pregnant, or breastfeeding.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Disclaimer

Supplement facts		
Serving Size: 1 Vegetarian Capsule		
	Amount Per Serving	%Daily Value
Berberine HCl (from Berberis aristata root)	500 mg	†
†Daily Value not established.		

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What customers say

Review images (54)

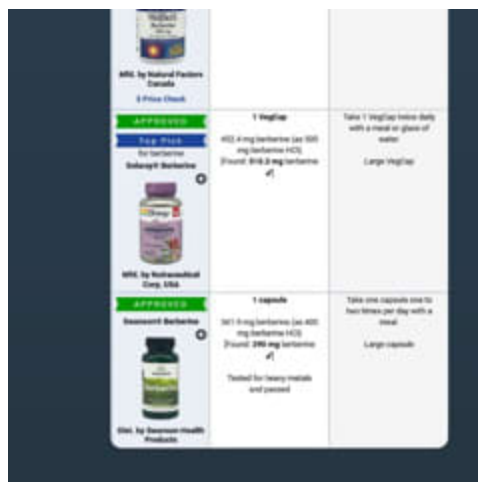






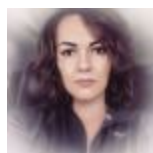
✓ OДOБPEHЫ ConsumerLab

Product Name	Amount	Tested For	Results
Berberine	600 mg	Heavy Metals, Pesticides, Microbes, and more	Pass
Berberine	600 mg	Heavy Metals, Pesticides, Microbes, and more	Pass
Berberine	600 mg	Heavy Metals, Pesticides, Microbes, and more	Pass



Top positive review

It is worth buying it primarily for the normalization of metabolic processes, body weight, cholesterol and blood sugar levels. Affecting many organs and tissues, this substance can even change the structure of cells, reducing the rate of aging of the body; blocking neurodegeneration processes; overcoming insulin resistance; healing of chronic inflammatory processes; lowering the level of cholesterol and triglycerides in the blood; reduction of visceral fat deposits; increasing the number and functionality of mitochondria; increasing the body's control of blood sugar.



Filter by rating

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Most relevant

I was showing levels of pre diabetes and after I started taking Berberine and a normal diet my levels went back to normal and my cholesterol went down as well.

This supplement is good for weight management and sugar control. I feel that it works for me. It's easy to take; I love it.

I started taking this with Bergamont from my cholesterol. I'll have my blood work in two weeks and see how it works. I also read that it's good to take it right before you eat and then in five minutes start eating and it's effective.

My first time trying Source Naturals products and I am quite pleased. I can definitely feel the difference in my digestion and insulin sensitivity. Good quality ingredients at a good price!

My cardiologist recommended I take this and I do. I'm sorry that I can't tell whether Berberine does good. It's just me. I never notice any difference, when I add some supplement. Sorry.

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Related categories

Toniiq, Dihydro Berberine 1000, 60 Capsules

 iherb.com/pr/toniiq-dihydro-berberine-1000-60-capsules/155891

Autoship & Save Special

Enjoy 10% off or greater available discount on your first order, and 10% off on future orders.



In stock

 100+ sold in 30 days

Key info

Serving size **2**

Total servings **30**

Best by **12/2027**

Product rankings:

 Autoship & Save:

\$24.27 (10% off)

\$26.97 \$0.81/serving



10% off first order, 10% off recurring



Free recurring shipping



Skip, change, or cancel anytime

One-time purchase:

\$26.97

FREE shipping over \$25

Estimated delivery: **Jul 6**, order within 11 hrs 26 mins.

Create a new list to move or copy selected item(s) to.

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Product information

Overview

- Lab Tested
- With GlucoVantage®, Ceylon Cinnamon and Milk Thistle
- Dietary Supplement
- Elevated Nutrients

Our dihydroberberine supplement provides the largest serving size on the market, with 200 mg of GlucoVantage Dihydroberberine per serving, equivalent to 24,000 mg of standard Berberine.

Dihydroberberine has been shown in studies to have significantly higher bioavailability and potency compared to regular Berberine. Our GlucoVantage Dihydroberberine is designed to be 5X more effective than regular Berberine, ensuring maximum absorption and potency.

Specifications

- First available: 11/2025
- Shipping weight: 0.18 lb
- Product code: TNQ-38925
- UPC: 850061389251
- Package quantity: 60 count
- Dimensions: 3.1 x 2.85 x 2.85 in, 0.17 lb

Suggested use

Take 2 capsules daily as a dietary supplement or as recommended by your healthcare professional.

Other ingredients

Vegetable capsule (hydroxypropyl methylcellulose), microcrystalline cellulose, silicon dioxide & vegetable magnesium stearate.

Warnings

This product is only intended for healthy adults, 18 years of age or older. Do not take this product if you are pregnant or nursing. Consult with a licensed, qualified healthcare professional before using this or any dietary supplement product. Store bottle tightly closed in a cool, dry place.

Keep out of reach of children. Tamper resistant. Do not use if imprinted safety seal under cap is broken or missing.

Disclaimer

Supplement facts

Serving Size: 2 Vegetarian Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Ceylon Cinnamon (Cinnamomum verum) (bark) 10:1 extract	400 mg	†
Polyphenols	60 mg	†
Milk Thistle (Silybum marianum) (seed) 50:1 extract	400 mg	†
Silymarin	320 mg	†
Dihydroberberine (as GlucoVantage®)	200 mg	†
†Daily Value (DV) not established.		

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It's clearly good quality because I noticed a change within days of starting to take it. I felt a purging effect, like my body was detoxifying. Unfortunately, the purging effect It does cause more acne, but that's normal when your body is cleansing, since it also contains milk thistle. I

feel it's a bit expensive, but it does the job; it doesn't make you so hungry and it reduces anxiety.

This product is fabulous, it's my 1st time to use it but definitely will buy it again as it's helped me a lot the quantity is enough for 1 month

I have purchased 2 of them and I can't see really much results but I will buy a 3 rd one to be sure

Ingredients size and quality are very good also has many benefits

I'm really liking this product. Was using just regular berberine before but was advised about this and I'm glad I tried it.

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