

# BERATROL

Favours the metabolism of sugars and fats



Ref: 1027

NUT/PL/AS 944/30

**Presentation :** Box of  
60 vegetal capsules

**Recommended use :**

2 capsules per day : 1 in the  
morning and 1 in the evening  
before dinner

**Do not use :**

- CoQ10 has a molecular structure similar to that of vitamin K. Take this into account if you are taking beta-blockers.
- During pregnancy and when breast-feeding.

**BERATROL** is a dietary supplement consisting of a combination of plants, minerals and antioxidants specially designed to help the metabolism of sugars, fats and energy.

The root of *Hydrastis canadensis* (goldenseal) is a good source of berberine, which participates in balancing the amount of blood sugar.

**Fraxinus excelsior (European ash tree)** seeds contain active ingredients that help the effectiveness of insulin and balance blood sugar rates, fat metabolism (triglycerides, adipose tissue) and fat storage. These elements contribute to keeping body weight under control.

**Polygonum cuspidatum (Japanese knotweed)** is a very good source of resveratrol, helping in the fight against free radicals and reactive oxygenated species. Resveratrol favours the expression of specific transporters and the entry of glucose into cells, leading to lower rates of glycaemia.

**Curcuma longa** contains phenolic compounds such as curcumin which, as well as helping in the fight against reactive oxygenated species, have beneficial effects on inflammation.

**R-alpha-lipoic-acid** is the active form of alpha-lipoic acid, an antioxidant that is both hydrosoluble and liposoluble. It helps to reduce body weight gains by favouring the transformation of sugars into energy.

**Coenzyme Q10 (CoQ10)** is a powerful antioxidant and a high-energy electron transporter required for the production of energy (ATP) in the mitochondria. It favours the transformation of sugars and fats into energy.

**Glutathione** is an important antioxidant. Certain enzymes such as superoxide dismutase (SOD), glutathione peroxidase and catalase depend on it. In cases of difficulty in maintaining normal blood sugar rates, the quantity of these enzymes is reduced.

**Chrome** is a mineral that plays an important role in the regulation of glycaemia because it favours sensitivity to insulin.

The role of insulin is dual: it intervenes in the regulation of glycaemia and also in the metabolism of lipid storage. It is, therefore, vital that circulating insulin levels should be accurately regulated.

**Composition for 1 capsule :** Root of *Hydrastis canadensis* (Berberine) : 200 mg · Seeds of *Fraxinus excelsior* (Nuzhenide-GI3) : 200 mg · Root of *Polygonum cuspidatum* (98% Resveratrol) : 50 mg · Rhizome of *Curcuma longa* (curcumin 85%) : 50 mg · R-alpha-lipoic-acid : 50 mg · CoQ10 : 25 mg · Reduced L-glutathione : 25 mg · Chrome (picolinate 321 µg) : 40 µg · Bulking agents : microcrystalline cellulose, magnesium stearate · Anticaking agent : silicon dioxide Hydroxypropylmethylcellulose (capsule).