



# HOW TO TAKE BERBERINE FOR PERFECT FASTING BLOOD SUGAR

# INTRODUCTION

If you have type 2 diabetes and are curious about berberine, you're not alone—it's quickly become one of the most talked-about supplements for supporting healthy blood sugar levels. And for good reason: research suggests berberine may be as effective as some medications in improving insulin sensitivity and lowering A1C.

In this quick guide, we'll walk you through the most effective way to take JADE Pure Berberine to help support your blood sugar naturally.

That said, it's important to remember: no supplement can replace the power of consistent lifestyle changes. A real transformation starts with how you eat, move, and live each day. While berberine can enhance your results, the foundation for reversing insulin resistance and improving blood sugar lies in your daily habits.

That's why we're also sharing our top 3 lifestyle strategies—simple, proven changes that can help you take control of your blood sugar for good.

# DIANA & JOSE'S STORY

Diana is a nationally recognized Registered Dietitian, Certified Diabetes Care and Education Specialist (CDCES), and holds a Master's degree in Nutrition Science and Policy from the Tufts Friedman School of Nutrition.

Jose Tejero is an exercise physiologist and two-time Ironman Triathlete. He is currently working towards becoming a Clinical Exercise Physiologist and a Certified Diabetes Care and Education Specialist, combining his two passions: exercise and diabetes care.

Diana and Jose met in 2019 and quickly connected over a shared mission: helping people reverse and manage type 2 diabetes through nutrition and lifestyle changes. That same year, they launched Type 2 Diabetes Revolution, a digital platform focused on food, movement, and mindset. Since then, they've helped thousands take control of their blood sugar by addressing the root cause—not just the symptoms—of type 2 diabetes.

Wanting to support their clients even further, Diana and Jose launched **JADE Supplements**. After working with many people struggling to improve their health, they realized that lifestyle changes alone weren't always enough. Some people required additional support, particularly in improving insulin sensitivity. Unfortunately, they found that most supplements on the market are underdosed or not third-party tested.

They created JADE Supplements: clean, effective, and high-quality products designed to support blood sugar balance and enhance metabolic health. Every formula is carefully crafted using evidence-based ingredients and doses that deliver results.





# FAQS: BERBERINE

## How much berberine should I take?

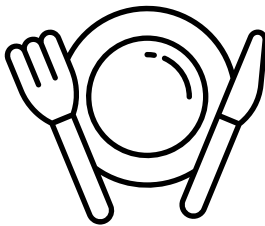
We recommend taking **2 pills a day** for a total of 1200 mg.



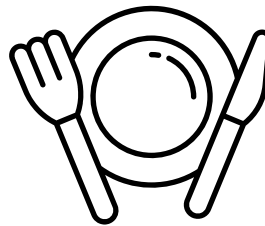
*1 pill = 600 mg of berberine*

## When should I take berberine?

Take berberine with your meals. Take one pill with either breakfast or lunch, and one pill with dinner.



*Breakfast or lunch*



*Dinner*

## How long does it take berberine to reduce blood sugar?

Berberine begins to have a positive effect on fasting blood sugar after just one week of supplementation, with its full effect achieved by week five. Seeing changes in your A1c takes approximately three months of consistent use.

## How do I avoid symptoms when taking berberine?

The most common side effect people experience with berberine is stomach upset, including nausea and digestive discomfort. To help prevent this, it's best to take berberine right before eating a meal. The food in your stomach acts like a cushion and can help reduce these symptoms.

## What is the most effective way to take berberine?

Pair berberine with food, especially fat. Berberine is a fat-soluble substance, which means it requires fat to be absorbed properly. In addition, **fat-containing foods** can slow down digestion and thus, increase the time berberine can be absorbed from the gut.

Add black pepper to your meal. Black pepper contains piperine. Piperine appears to enhance Berberine's bioavailability.



*Avocado   Olive oil   Nuts, seeds, and nut butters   Salmon & other fatty fish*

***Diabetes-friendly foods that contain healthy fats***

***Add black pepper to your meals, if you can***

Berberine also works better when making lifestyle changes alongside taking it. Continue reading to learn about the most effective lifestyle changes for addressing the root cause of diabetes.

## Should I stop taking my diabetes medications?

No, we do not recommend stopping any current medications without consulting your doctor.

Research actually shows that metformin and berberine enhance each other. When people take both together, they see even greater drops in their blood sugar.

If you also incorporate lifestyle changes along with berberine and start to see consistently lower blood sugar levels, then consult with your doctor about potentially reducing your medications

## Who cannot take berberine?

Pregnant women, nursing mothers, and children should not take berberine.

Also, certain prescription medications don't mix well with berberine, these include medications metabolized by Cytochrome P450, L-dopa, Tetrandine, Cyclosporine, Dextromethorphan, Losartan, Certain Antihypertensive drugs, Anticoagulant drugs, Midazolam, Pentobarbital and other sedative medications, Tacrolimus.

People taking diabetes medications like insulin or sulfonylureas need to be careful since berberine can make these medications work stronger, which could cause blood sugar to drop too low (hypoglycemia).

As always, talk with your doctor if you have questions about mixing berberine with other medications.





# **3 LIFESTYLE FACTORS**

## **TO ADDRESS THE ROOT CAUSE OF TYPE 2 DIABETES**



# ADD MORE FIBER AT MEALS

Fiber works by slowing the digestion and absorption of carbohydrates, preventing rapid spikes in blood sugar. High fiber diets also lower the risk of type 2 diabetes, heart disease, and obesity, and promote gut health.

All plant-based foods contain fiber.

## Practical Tips for Increasing Fiber Intake:

- **Choose Whole Grains:** Opt for whole grains like brown rice, quinoa, and whole wheat pasta instead of refined (white) grains for a fiber boost.
- **Load Up on Vegetables:** Eat 2–3 cups of non-starchy vegetables before your meals. For example, make a small bowl with a base of spinach or kale, add some diced cucumbers, bell peppers, carrots, and tomatoes. Add your favorite dressing and eat it before lunch and dinner. Try to incorporate a variety of vegetables in your meals, both raw and cooked, to increase your fiber intake.
- **Legumes Are Your Friends:** Beans, lentils, and chickpeas are excellent sources of fiber. Use them in soups, stews, and salads.
- **Snack on Fruits and Nuts:** Keep fruit, like apples and berries, and unsalted nuts on hand for healthy, fiber-rich snacks.
- **Don't Peel Your Produce:** When appropriate, leave the skin on fruits and vegetables to maximize fiber content.

**Note:** Rapidly increasing fiber intake can lead to digestive discomfort. Start with small but consistent adjustments, gradually adding more fiber-rich foods to your meals. Drink plenty of water to help prevent digestive issues.



# HIGH FIBER FOODS

**Aim for at least 25g-38g of fiber per day**

**1/2 avocado**



8.5 g fiber

**1 cup dark leafy greens**



7 g fiber

**1 cup green peas**



9 g fiber

**1 medium pear**



5.5 g fiber

**1 cup raspberries**



8 g fiber

**1 cup navy beans**



19 g fiber

**1 cup black beans**



15 g fiber

**2 tbsp chia seeds**



10 g fiber

**1 cup lentils**



15.6 g fiber





# MOVE YOUR BODY

Exercise is great for type 2 diabetes because it helps lower blood sugar levels by making your body more sensitive to insulin and allowing your muscles to use glucose for energy. It also supports weight loss, reduces harmful belly fat, improves heart health, and can stabilize blood sugar—especially after meals. Plus, it boosts mood and reduces stress, which also benefits blood sugar control. A mix of aerobic activity (like walking) and strength training works best.

## **1. Walk After Meals**

Walking after meals is especially helpful because it helps lower post-meal blood sugar spikes. As you walk, your muscles use the glucose from the food you just ate for energy, which helps reduce the amount of sugar circulating in your bloodstream. We recommend going on a 15–20 minute walk after your meals, or at least your biggest meal of the day.

## **2. Engage in 2-3 strength or resistance training sessions per week.**

Resistance or strength training helps build and maintain muscle mass, which increases your body's ability to absorb and use glucose. More muscle means better insulin sensitivity and improved blood sugar levels over time. It also supports weight management and enhances overall metabolic health.

# MAKE HALF YOUR MEALS NON-STARCHY VEGGIES

Incorporating more non-starchy vegetables is great for diabetes because they're low in calories and carbohydrates, which means they won't spike blood sugar. They're also packed with fiber, which slows digestion and helps keep blood sugar levels stable.

Plus, they're rich in vitamins, minerals, phytochemicals, antioxidants, and polyphenols, which protect against diabetes and help treat type 2 diabetes.



*Since this can sometimes be hard to do at breakfast, add fruit instead!*



# LIST OF NON- STARCHY VEGGIES



ALFALFA SPROUTS  
ARTICHOKE  
ARUGULA  
ASPARAGUS  
BAMBOO SHOOTS  
BEAN SPROUTS  
BEETS  
BELL PEPPER  
BITTERMELON  
BOK CHOY  
BROCCOLI  
BRUSSEL SPROUTS  
CABBAGE  
CAULIFLOWER  
CELERY  
CHAYOTE  
CHINESE BROCCOLI  
COLLARD GREENS  
CUCUMBER  
DAIKON  
EGGPLANT  
FENNEL  
GREEN BEANS  
HEARTS OF PALM  
JICAMA  
KALE



KIM CHI  
KOHLRABI  
LEEKs  
MORNING GLORY VEGETABLE  
MUSHROOMS  
MUSTARD GREENS  
OKRA  
OLIVES  
ONION  
PEA PODS  
PEPPERS  
PICKLES  
RADICCHIO  
RADISHES  
RAW CARROTS  
RUTABAGA  
SNOW PEA LEAVES  
SPAGHETTI SQUASH  
SPINACH  
SPROUTS  
SQUASH  
SUGAR SNAP PEAS  
TOMATO  
TURNUP  
WATER CHESTNUTS  
ZUCCHINI



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