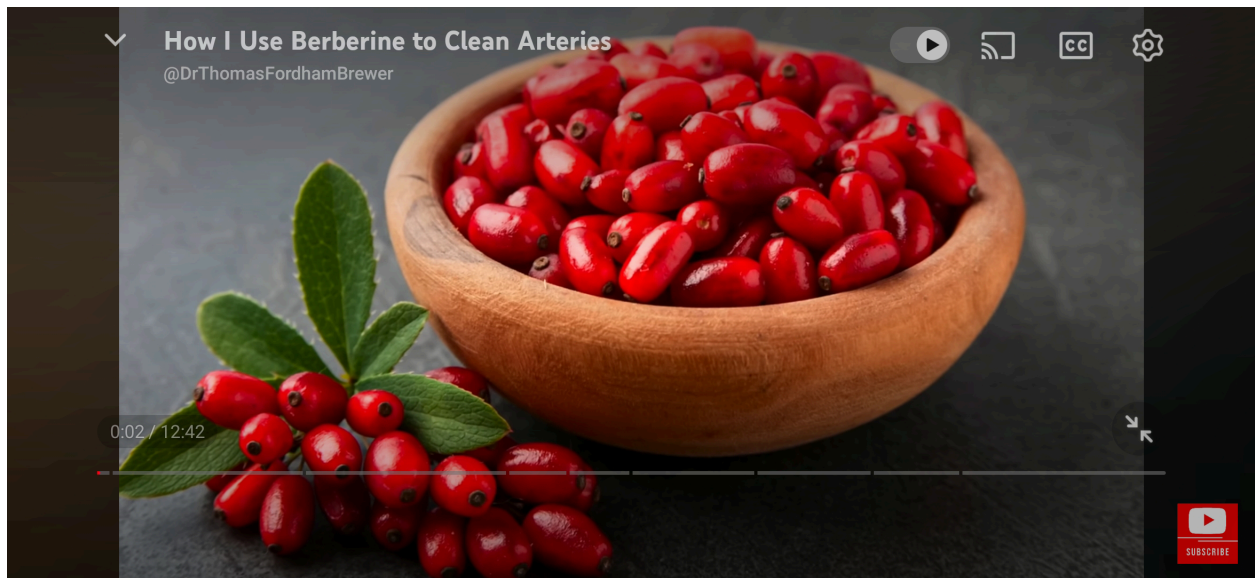
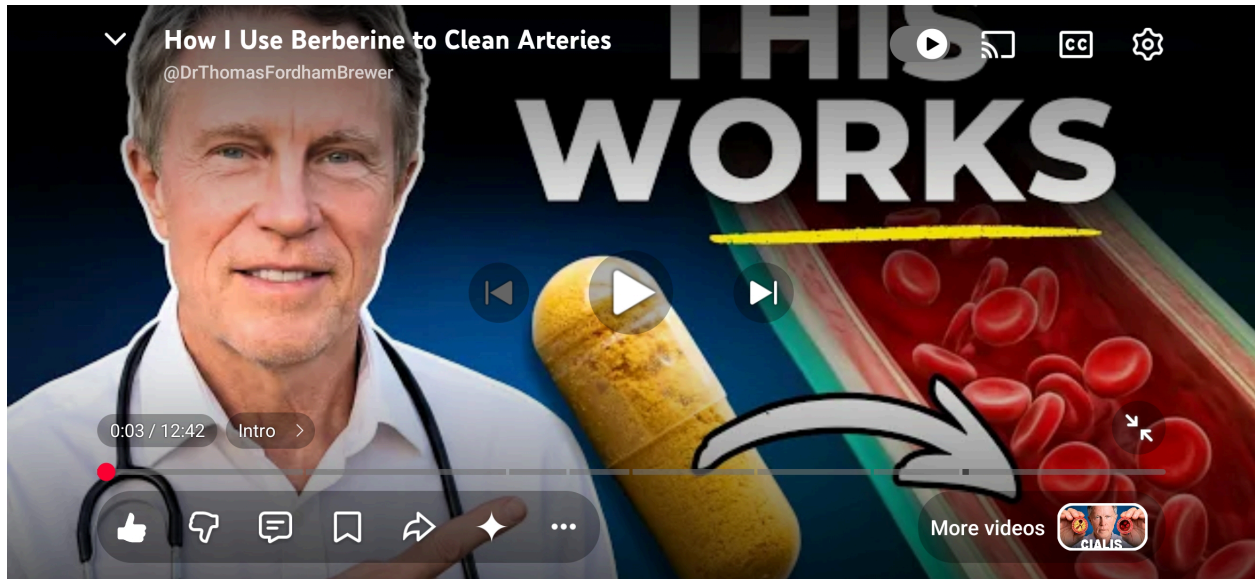


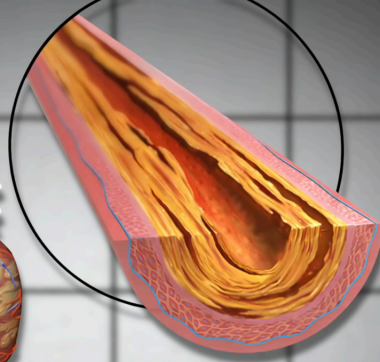
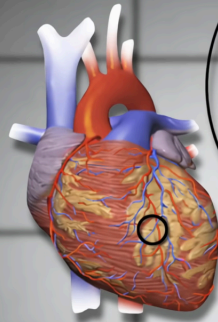
berberine lowered soft plaque in arteries, which is the dangerous kind of plaque that gives you strokes, heart attacks and arteriosclerosis, not hard calcified plaque

Slide 3562

<https://youtu.be/MiUkYaIPS1M?si=rQ8u5J06tB68UVZO>

The real driver of plaque is inflammation, not LDL- that's why lowering LDL does not work to prevent strokes, arteriosclerosis and heart attacks. Berberine Lowers inflammation and LDL and makes soft plaque immovable.





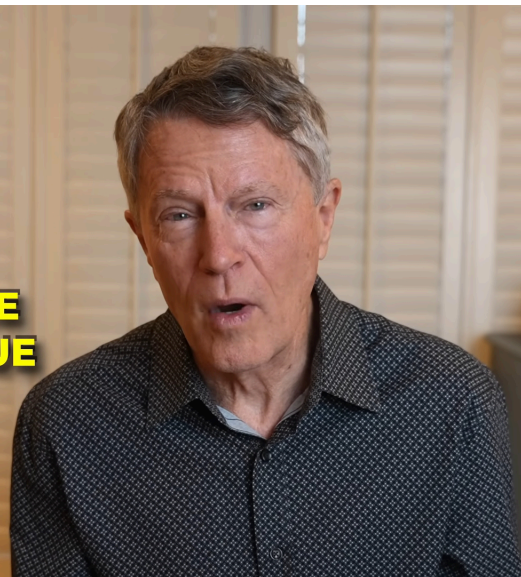
WHAT'S INSIDE THAT PLAQUE

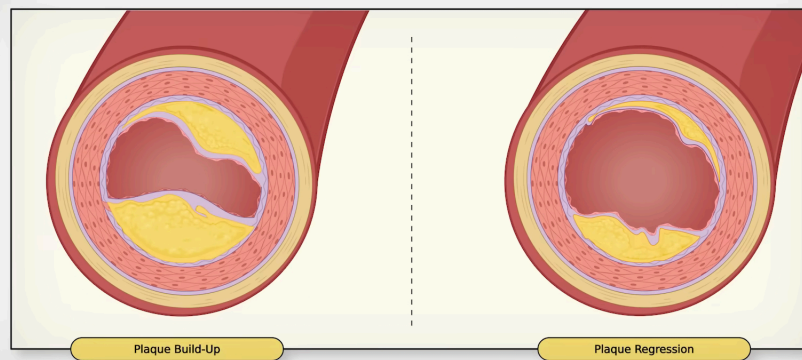
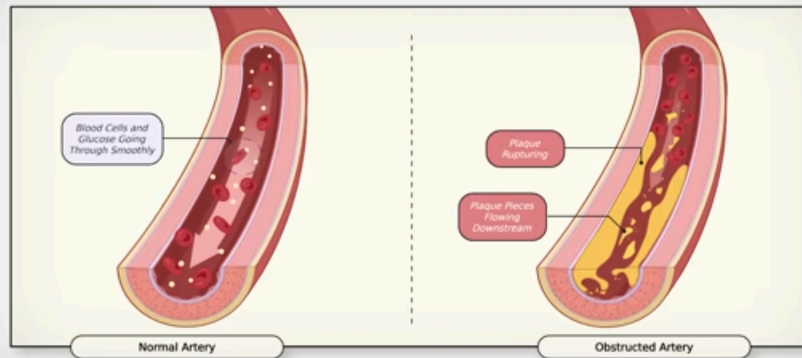


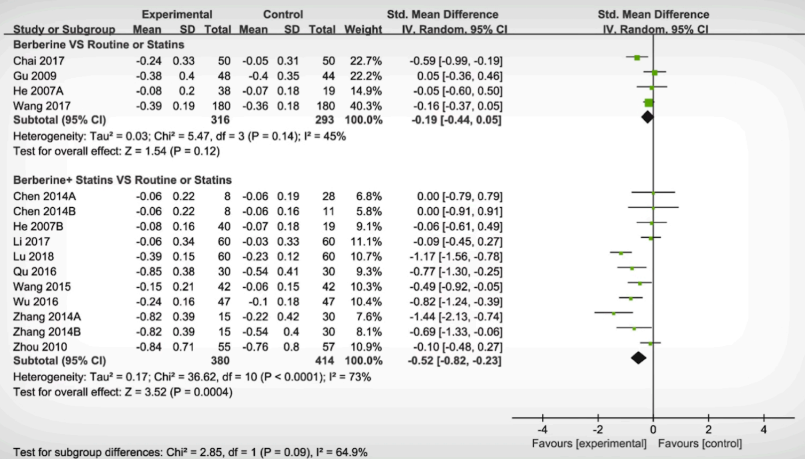
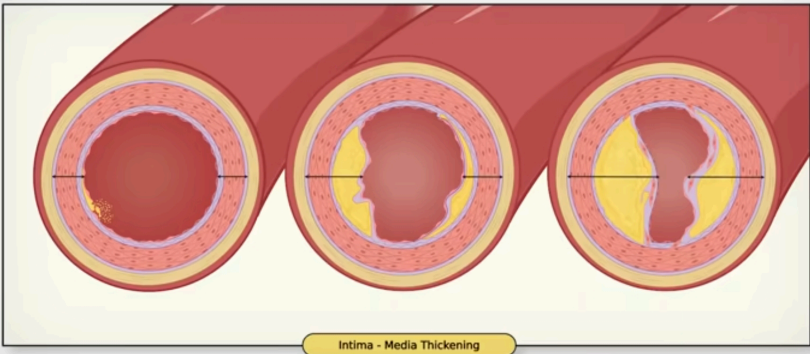
Current and Previous CIMT Measurements					
	Date	Age at Exam	Arterial Age	CIMT	Percentile
●	Sep 2016	59	52	0.672	37th
●	Oct 2015	58	59	0.744	54th
●	Feb 2015	57	73	0.884	84th

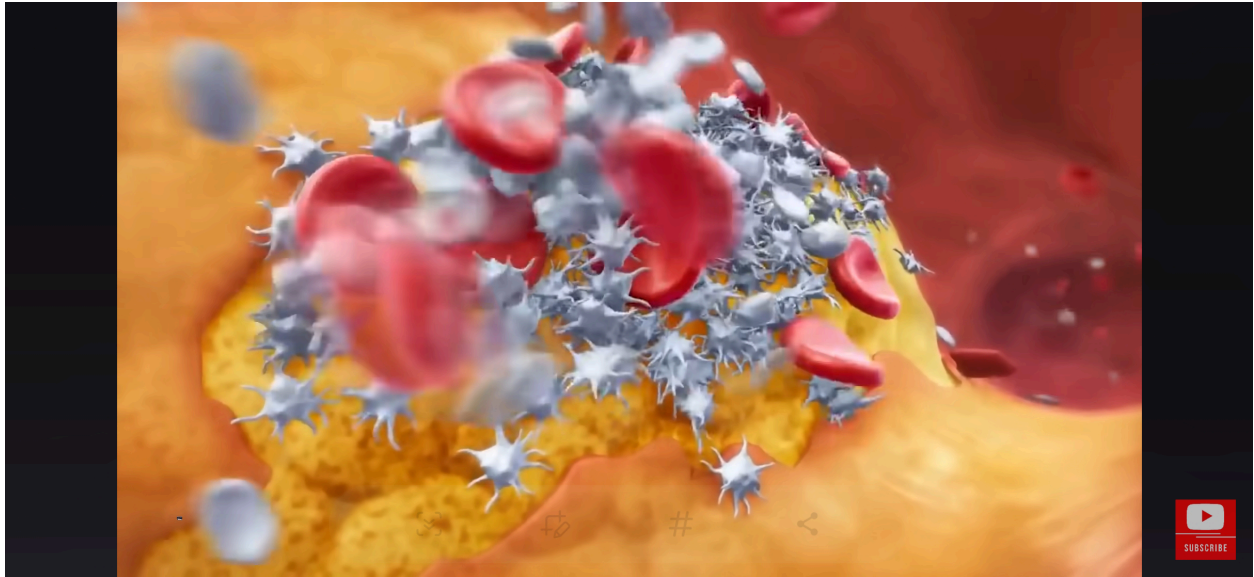


- 1. REDUCING INFLAMMATION**
- 2. CALMING IMMUNE ACTIVITY**
- 3. STRENGTHENING THE THIN CAP OVER PLAQUE**
- 4. MAKING PLAQUE STABLE AND QUIET**

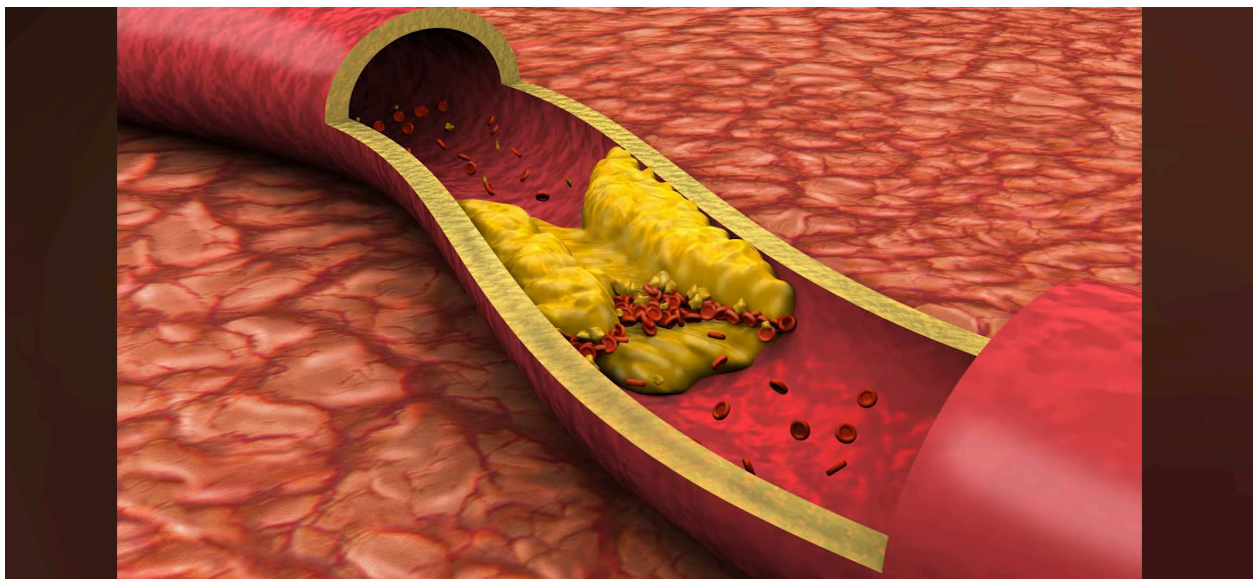








Plaque traps red blood cells with fibrin and lipids.



Early studies suggest **berberine** may help reduce arterial plaque and lower cardiovascular risks, but strong human clinical proof showing it directly reverses or shrinks soft plaque in humans is still limited. [[1](#), [2](#)].

Frontiers | Berberine alleviates atherosclerosis by modulating autophagy and inflammation through the RAGE-NF- κ B pathway

How Berberine Affects Arteries

- **Lowers Lipids:** Decreases levels of total cholesterol, triglycerides, and LDL ("bad") cholesterol.

- **Reduces Inflammation:** Suppresses inflammatory pathways and cellular swelling in blood vessel walls.
- **Promotes Autophagy:** Helps clear out damaged cells and prevents lipid accumulation in animal models. [[1](#), [2](#), [3](#), [4](#)]

Limitations and Safety

- **Animal vs. Human Data:** Most positive data tracking actual plaque reduction comes from laboratory and animal studies rather than large-scale human trials.
- **Bioavailability:** Berberine is absorbed poorly by the human body, which can limit its real-world effectiveness.
- **Side Effects:** Can cause stomach upset, cramping, or diarrhea, and may interact negatively with prescription medications. [[1](#), [2](#), [3](#), [4](#), [5](#)]

Berberine alleviates atherosclerosis by modulating autophagy and ...

Mar 30, 2025 — The area of atherosclerotic plaques at the aortic root was significantly larger than that in the aorta of normal mice and displayed a clumpy distribution. Follo...

Frontiers

Reversing Artery Plaque: 8 Supplements Ranked by the Evidence | Simon Hill, MSc

Other supplements include: * CoQ10 * Berberine * Nattokinase * Pomegranate extract The episode ranks eight supplements by the strength of the human evidence. So...

The Proof with Simon Hill

Berberine treats atherosclerosis via a vitamine-like effect down-regulating ...

Jul 7, 2022 — This action was performed by BBR's metabolite dihydroberberine (a reductive BBR by nitroreductase in the gut microbiota), via a vitamine-like effect down-regula...

National Institutes of Health (NIH) | (.gov)

Efficacy of Berberine Alone and in Combination for the Treatment ...

Jan 16, 2017 — Potential side effects of berberine include constipation, diarrhea, abdominal distension, and bitter taste. ... Preliminary animal and pilot human studies have ...

National Institutes of Health (NIH) | (.gov)

Berberine derivatives reduce atherosclerotic plaque size and ...

Nov 26, 2014 — Abstract * Background and aims: Our previous in vitro and clinical work has demonstrated anti-inflammatory effects of berberine (BBR), but the clinical applicat...

National Institutes of Health (NIH) | (.gov)

Reduce Artery Plaque Risk with Berberine

Jun 30, 2020 — Berberine Reduces Artery Plaque. Andrey Starostin/Shutterstock.com. Berberine, an alkaloid compound found in goldenseal, Oregon grape, barberry and other herbs,

www.naturaltucson.com

Cardiologist: Does berberine have any benefit for heart disease? Does it ...

Instagram·Dr.Alo

Berberine alleviates atherosclerosis by modulating autophagy and ...

Feb 28, 2025 — Conclusion: In summary, BBR alleviated the disease progression of AS by regulating the expression of RAGE and p-NF-κB and activating autophagy. * Keywords: Abbr...

Frontiers

Berberine Reduces Pyruvate-driven Hepatic Glucose Production by Limiting Mitochondrial Import of Pyruvate through Mitochondrial Pyruvate Carrier 1

Berberine shows anti-hyperlipidemia with reduced hepatic lipid deposition, which has been observed in both animals and human [25, 26], suggesting the possibili...

National Institutes of Health (NIH) | (.gov)

How to Lower Your Cardiovascular Age with Resveratrol and a Doctor

May 5, 2026 — Animal studies consistently report reduced plaque buildup in arteries.

ubiehealth.com

Berberine benefits, dosage, and side effects - Examine.com

Dec 3, 2025 — The standard dose of berberine is 900-2,000mg a day, divided into three to four doses. Berberine should be taken with a meal, or shortly after, to take