

Subject: Berberine HCl
From: Mark Cao <mark.cao@gmail.com>
Date: 12/3/2023, 7:31 PM
To: Thanh Xuan Huynh <Thanhxhuynh2003@yahoo.com>

Hi Mom,

This is a product for you to look into:

Berberine: <https://www.walmart.com/ip/NOW-Supplements-Berberine-Glucose-Support-Combined-with-MCT-Oil-60-Softgels/2584880350>

Berberine is natural, as Metformin is. It has many similarities to Metformin, yet is different in its exact mechanism. Berberine has as good a reputation as Metformin among many people who study nutritional science.

Remember that once you lose mental function, it's very serious because it is very hard to reverse it. To avoid losing mental function, it's very important to do as much prevention as you can.

Huy