



Everything Herbal

BY CHERYL JABZ

KNOWLEDGE. NATURE. WELLNESS.



BERBERINE'S

3 MOST POPULAR RECIPES

Flavorful. Nourishing. Naturally Supportive.

BERBERINE

A powerful natural compound found in several herbs and plants. Berberine supports healthy blood sugar, heart health, digestion, and overall wellness.



SUPPORTS
BLOOD SUGAR
BALANCE



SUPPORTS
HEART HEALTH



AIDS DIGESTION
& GUT HEALTH

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FOR MORE WELLNESS RECIPES!

Empowering you
naturally. ♥



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HERBS



COOK
NATURALLY



LIVE
WELL



SHARE
GOODNESS



1 BERBERINE HERBAL TEA

A warm, soothing tea to support blood sugar balance and digestion.

KEY INGREDIENTS

Berberine Extract (from Berberis) • Cinnamon
Ginger • Lemon • Stevia or Honey (optional)

WHY YOU'LL LOVE IT

Supports healthy glucose levels and gut health with a delicious, warming blend.



2 BERBERINE BERRY SMOOTHIE

A refreshing smoothie packed with antioxidants and blood sugar support.

KEY INGREDIENTS

Berberine Extract • Mixed Berries • Spinach
Chia Seeds • Almond Milk • Lime Juice

WHY YOU'LL LOVE IT

Tasty, filling, and supportive for energy, metabolism, and heart health.



3 BERBERINE GOLDEN LATTE

A creamy, comforting latte that supports overall wellness and metabolic balance.

KEY INGREDIENTS

Berberine Extract • Turmeric • Ginger
Cinnamon • Black Pepper • Coconut Milk
Maple Syrup (optional)

WHY YOU'LL LOVE IT

Anti-inflammatory, gut-friendly, and perfect for any time of day.



WWW.EVERYTHINGHERBALBYCHERYLJABZ.COM

For educational purposes only. Not intended to diagnose, treat, cure, or prevent any disease.