

Saberry® is Sabinsa's standardized extract from fresh amla (*Emblica officinalis*) fruits, designed to provide a clearly defined, clinically documented ingredient for antioxidant, metabolic-wellness and Longevity concepts. Its development has focused on precise characterization of active constituents and the generation of proprietary clinical data.

Saberry® is produced from fresh fruits using water-based or solvent-free processes, resulting in a light-coloured, water-soluble powder that facilitates use in beverages, shots, powders, gummies, capsules and tablets. The ingredient holds self-affirmed GRAS status in the US, which is relevant for multinational brands looking for aligned safety assessments across markets.

### **Composition, standardization and mechanistic rationale**

Traditional Amla ingredients were often positioned around vitamin C, even though the fruit's ascorbic acid is relatively very low and variable. Sabinsa instead identified hydrolysable tannins particularly beta-glucogallin and a series of mucic-acid gallates as key contributors to amla's biological activity. On this basis, Saberry® is standardized to a minimum of 10% beta-glucogallin.

Pre-clinical work with this standardized extract has demonstrated inhibition of key carbohydrate-hydrolyzing enzymes ( $\alpha$ -amylase and  $\alpha$ -glucosidase) as well as dipeptidyl peptidase-4 (DPP-4), alongside pronounced antioxidant activity, consistent with its proposed role in formulations addressing glycemic control and oxidative balance from a nutritional perspective. By inhibiting DPP-4, the extract helps to slow degradation of endogenous incretin hormones such as GLP-1, which in turn supports a more sustained, physiologically regulated insulin response to meals within a nutritional context

### **Sabinsa's clinical data with standardized Amla extract**

Sabinsa has supported a clinical study using its standardized amla extract profile that corresponds to Saberry® (10% beta-glucogallin), conducted in adults with type 2 diabetes and diabetic dyslipidemia. This 90-day, multicenter, randomized open-label trial allocated participants to three groups: a lower-dose standardized amla extract, a higher-dose standardized amla extract and a metformin group. The study assessed fasting and post-prandial blood glucose, glycated hemoglobin (HbA1c) and a full lipid panel, alongside safety and tolerability.

Results indicated that both standardized-aml-extract groups experienced statistically significant improvements in glycemic and lipid parameters over the 90-day period. The authors reported that Saberry®, was well tolerated and highlighted its potential as a nutritional option for supporting metabolic health in adults with diabetic dyslipidemia.

## **Application space and positioning for trade**

For formulators and brand owners, Saberry® offers a defined composition, Sabinsa-generated clinical data and clear formulation benefits. The beta-glucogallin-based standardization and documented phytochemical profile support robust quality dossiers. Its light color good solubility and neutral sensory profile make it suitable for clear beverages, wellness shots, powdered drink mixes and gummies, as well as conventional capsules and tablets.

**Disclaimer:** Saberry® is not an alternative to any medical therapy, and all discussion of its effects is strictly within a nutritional context. Any potential claims have not been evaluated or approved by EFSA or the FDA and are not intended to diagnose, treat, cure or prevent any disease, nor to provide medicinal support.