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What is Barberry:

Barberry is a shrub with gray, thorny branches that can grow to about 9 feet tall. Bright yellow flowers bloom between the months of April and June and become dark, drooping bunches of red berries in the fall. The root, bark, and berries are used for medicinal purposes.

What is It Made Of?

The stem, root bark, and fruit of barberry contain alkaloids, the most prominent of which is berberine. Laboratory studies in test tubes and animals suggest that berberine has antimicrobial (killing bacteria and parasites), anti-inflammatory, hypotensive (causing a lowering of blood pressure), sedative, and anticonvulsant effects. Berberine may also stimulate the immune system. It also acts on the smooth muscles that line the intestines. This last effect may help improve digestion and reduce gastrointestinal pain.

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can trigger side effects, and can interact with other herbs, supplements, or medications. For these reasons, you should take herbs with care, under the supervision of a health care provider.

People using normal and appropriate doses of barberry do not generally report side effects. Cases of nosebleeds and vomiting have been reported with extremely high doses of this herb. In infants, berberine (a constituent of barberry) may interfere with liver function and might worsen jaundice.

Pregnant women should not take barberry because it may cause uterine contractions and trigger miscarriage.





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Medicinal use of barberry:

Medicinal use of barberry dates back more than 2,500 years. It has been used in Indian folk medicine to treat diarrhea, reduce fever, improve appetite, relieve upset stomach, and promote vigor, as well as a sense of well being. Today, it is widely used for medicinal purposes in Iran, including for biliary disorders (such as gallbladder disease) and heartburn.

Barberry and goldenseal (*Hydrastis canadensis*) are often used for similar medicinal purposes because both herbs contain the chemical berberine.

Berberine has been shown to inhibit the growth of bacteria in test tubes, and may help the immune system function better. The aqueous extract of barberry has beneficial effects on both the cardiovascular and neural system. As such, it may be useful in the treatment of hypertension, tachycardia (rapid heartbeat), and some neuronal disorders, such as epilepsy and convulsions. Recent studies suggest that barberry also has antioxidant properties, and may help prevent certain types of cancer.

Best red *Berberis Vulgaris* fruit is available in Iran. Its name is “Zereshk” in Iranian wholesale markets.

Export-quality barberry with its unique taste and quality attracts many fans from all over the world every year.

The red barberry is in use for export to about 30 countries, including Italy, Germany, Canada, Kuwait, Iraq, Afghanistan, Pakistan, the United States, Australia, Austria, Japan, and many other countries.





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Types of Iranian Berberis Vulgaris Fruit:

There are two main varieties of Iranian barberries:

1. Iranian Anari Zereshk
2. Iranian Pofaki Zereshk

Also, you might see this name in Iranian barberry markets: "Zereshk Lavashaki"
These are the dark red barberries that are in use for the production of fruit rolls.

The only difference between these types of Berberis Vulgaris dried fruits is how to dry them.
ANARI barberry is dried in direct sunlight.

Puffy barberries are placed in barberry for drying and with proper blowing, the drying process is done. In which the puff of barberries is preserved. Therefore, Anari barberry is ready for the market earlier than puffy barberry.

If we want to divide them according to the amount of demand for each type of barberry, Anari and Pofaki are in the first priority, followed by "Zereshk Lavashaki".

Puffy (Pofaki) barberries have a higher quality due to features such as less crushing and lighter color. In return, their price is higher.
Countries importing Iranian barberry mostly want puffy barberry and the demand for this type of barberry is higher.

of course, you should pay attention to the fact that each type of barberry is also divided in terms of quality, and among these divisions, barberry, which has a normal quality, is a more suitable option, because it is almost always available.





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Benefits of barberry:

Here are 8 impressive benefits of barberries:

- High in nutrients. Barberries are highly nutritious. ...
- Contain beneficial plant compounds. ...
- May help manage diabetes. ...
- Can help treat diarrhea. ...
- May protect against metabolic syndrome. ...
- Good for dental health. ...
- May have anticancer effects. ...
- May help fight acne.

