

TURMERIC COMPLEX

90
Capsules

Food Supplement HEALTH BOOSTING HERB

Turmeric is a main spice that Asian cultures used and is argued by many to be the most powerful herb on the planet at fighting and potentially reversing disease.

Turmeric Complex is a unique combination of turmeric with synergistic herbs and nutrients, which supports joint and bone health and lower levels of inflammation in the body, as well as immunity, antioxidant levels, energy levels, cognitive function, hormonal balance, acid-base metabolism, macronutrient metabolism, nails, skin, hair and more.

Each capsule combines Organic Turmeric powder **PLUS** high potency turmeric extract (95% curcumin - the active ingredient) with ginger root extract (5% gingerols), cayenne extract (100au capsaicin), piperine (black pepper) extract, zinc citrate and vitamin B6. The piperine has been included to potentiate the absorption and effect of the other herbal actives - a well-known herbalists' combination.



PRODUCT INFORMATION

Each capsule provides:

Organic turmeric powder – 200 mg

Turmeric (*Curcuma longa*) extract 10:1 (95% Curcumin) – 158 mg

-(equivalent to 1580 mg turmeric powder of which 150 mg curcuminoids)

Ginger root extract 20:1, 5% Gingerols – 10 mg

-(equivalent to 200 mg powder of which 0.5 mg Gingerols)

Cayenne extract 7:1 (100 au Capsaicin) – (equivalent to 40 mg powder) – 5.7 mg

Piperine 95% extract (black pepper extract) – 5 mg

Ingredients: Capsule shell: hydroxypropyl methylcellulose (HPMC)(vegetarian), Organic Turmeric powder, turmeric (*Curcuma longa*) extract 10:1 (95% curcumin), brown rice flour, anti-caking agent: magnesium stearate (magnesium salts of fatty acids) (vegetable source), ginger root extract 20:1, 5% gingerols, cayenne extract 7:1 (100 au capsaicin), piperine 95% extract (black pepper extract), zinc citrate, Vitamin B6 pyridoxine Hcl

Directions: Take 1 capsule, 1 to 3 times per day with food or as advised.

CAUTION:

Do not exceed the recommended daily intake.

Keep away from children.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

FREE FROM

- ✓ Artificial colours
- ✓ Flavours
- ✓ Sugar
- ✓ Wheat
- ✓ Preservatives
- ✓ Dairy products
- ✓ Gluten
- ✓ FOS
- ✓ GM ingredients



Amazing Benefits of Turmeric



ABOUT THE INGREDIENTS

Turmeric: Turmeric is commonly associated with its anti-inflammatory actions in the context of its potential health benefits. Inflammation is the body's natural response to injury or infection, often causing localised redness, swelling, pain or heat. It may also cause loss of function of the involved tissue.

Acute inflammation is typically a protective and localised response to infection or injury. It is designed to heal the body and restore normal tissue function. Inflammation of the joints, including stiffness and swelling are common symptoms of arthritis. If inflammation persists for a prolonged period of time, it becomes chronic inflammation. Chronic inflammation can be the result of an infection, autoimmune reaction or allergy.

Studies have shown that **curcumin**, a compound in turmeric, may reduce inflammation in the body. Curcumin is a polyphenol. As well as better regulation of inflammation, its other potential benefits include fighting the effects of oxidation (antioxidant activity), better cell signalling, more stable blood sugar and fat levels, and improved brain levels of the omega-3 fatty acid called DHA (docosahexaenoic acid). The anti-inflammatory and antioxidant effects of curcumin have also been associated with improved regulation of blood pressure and decreased risk of several types of cardiovascular disease. However, while once only focussed on the anti-inflammatory benefits, studies on turmeric intake now also include its potential for offering detoxification support and improving cognitive function, blood sugar balance and kidney function, as well as lessening the degree of severity associated with certain forms of arthritis and certain digestive disorders. Turmeric is used for a wide variety of healthy conditions including arthritis, dyspepsia, joint pain, stomach pain, Crohn's disease, Ulcerative colitis, diarrhoea, intestinal gas and more.

Ginger root: Ginger is the coloured root (or rhizome) of the *Zingiber officinale* plant. Historically, it has a long tradition of being effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract). Modern scientific research has also revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds and direct anti-inflammatory effects. This is because ginger contains potent anti-inflammatory compounds called **gingerols**. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly. In two clinical studies involving patients who responded to conventional drugs and those who didn't, physicians found that 75% of arthritis patients and 100% of patients with muscular discomfort experienced relief of pain and/or swelling.

Cayenne: Regarded by most herbalists as the purest and safest stimulant known, cayenne opens up every tissue in the body to help increase the flow of blood and therefore improve circulation. It is also used in the treatment of poor digestion, as a carminative, to increase gastrointestinal secretions and as an anti-spasmodic for the relief of pain. This is because cayenne pepper contains **capsaicin**, which gives the spice its heat and has analgesic properties.

The pain-reducing effects of capsaicin are due to its effect on substance P, which is a chemical released in tissue damage that alerts the body to injury. Long-term or repeated exposure to capsaicin can reduce substance P in an area, leading to a diminished pain response.

Piperine: Piperine is the alkaloid responsible for the pungency of black pepper and long pepper. It increases thermogenic activity in the body and is therefore often included in weight loss formulas - thermogenesis is the way of developing cellular energy and this results in an increase in the metabolic rate of the body. However, piperine has been included in this formula because of its ability to potentiate the absorption of the other herbal actives. It boosts the bioavailability of curcumin.

Zinc: Zinc contributes to the maintenance of normal bones, normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Vitamin B6: Vitamin B6 contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

7 Health Benefits of Turmeric

1. Turmeric prevents oxidation of cholesterol

Circulating LDL cholesterol reacts with oxygen dissolved in the blood and gets oxidized. Oxidized LDL cholesterol in high levels in the blood builds up as plaques in the blood vessels and causes atherosclerosis which leads to heart diseases. Research using controlled dosing of turmeric was found that turmeric extract efficiently and quickly reduced the levels of cholesterol in the blood along with the incidences of atherosclerosis with time.

2. Turmeric helps in reduction of liver cholesterol in case of diabetic hypercholesterolemia

Since many people suffer from diabetes. Both type 1 and type 2, the overall number of people suffering from hypercholesterolemia has increased. One popularly emerging method of managing cholesterol for hypercholesterolemic diabetic patients is by regular consumption of turmeric. Studies has shown that curcumin from turmeric has previously been shown to be effective in managing blood sugar levels efficiently.

3. Turmeric and Rheumatoid Arthritis

Turmeric has a long history of use in traditional Indian medicine as a treatment for inflammatory conditions such as Rheumatoid Arthritis. A review of available randomized controlled trials confirmed that of the eight studies available fitting the criteria, "these RCTs provide scientific evidence that supports the efficacy of turmeric extract in the treatment of arthritis".

4. Combats Obesity

A study published in the *Journal Biofactors* showed that curcumin may help reduce proliferation (growth) of fat cells, based on lab results. The researchers found that the anti-inflammatory properties in curcumin were effective at suppressing the inflammatory processes of obesity, therefore helping to reduce obesity and its "adverse health effects."

5. Works as a natural pain reliever

A study published in the *European Journal of Pharmacology* discovered that curcumin naturally activates the opioid system in diabetic rats. This natural process serves as the body's inherent pain-relieving response.

6. Prevent blood clots and has anti-inflammatory properties The use of curcumin from turmeric extract in both lab and animal studies, greatly reduces instances of platelet aggregation and potentially reduces the risk of a clot forming. Curcumin modifies an internal process known as eicosanoid biosynthesis. Eicosanoids consist of four different molecules within the body that are involved in the natural inflammation process.

7. Reduces Depression Symptoms

A study published in the *Journal of Phytotherapy Research* in 2014, with 60 volunteers diagnosed with Major depressive disorder (MDD) and split the group to determine how patients treated with curcumin and Prozac and a combination of the two. It was discovered that curcumin was equally effective as Prozac in managing depression by the six-week mark. This study provides first clinical evidence that curcumin may be used as an effective and safe therapy for treatment in patients with mild depression.

