SUGGESTED USE Consume one capsule daily—preferably with food. You can increase your intake as required or as guided by your physician. For questions about the use of this product call 800.800.1200.

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TURMERIC 400 CURCUMIN

Optimized Turmeric Extract **Activated Phospholipid Complex**



TURMERIC 400 delivers turmeric root extract standardized for the highest levels of curcuminoids (95%) that we then activate with phospholipids to naturally overcome turmeric's poor absorption. Turmeric is a popular Asian spice prevalent in Indian cuisine. The last decade has seen turmeric

receive more credible scientific attention than any other plant-based compound. This research has validated turmeric's extensive health benefits, which initially focused on its soothing role for joints, as well as liver detoxification. More recently, turmeric's protective role in the brain and nervous system has also been acknowledged. Turmeric's impressive volume of supportive research continues to expand; however, creating an effective turmeric supplement requires more than placing some turmeric spice in a pill, since ordinary turmeric spice is low in curcuminoids, and curcuminoids **Amount Per Serving** alone are very poorly absorbed. We complex our curcuminoids with Phosphatidylcholine (PC) - the essential phospholipid found in the brain and

dramatically increasing their absorption. This natural combination ensures you achieve maximum

benefits from this powerful protective spice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure

liver. This unique phospholipid complex protects

curcuminoids from digestive damage while also

or prevent any disease.

Serving Size 1 Capsule **Supplement Facts** Servings 240 % DV* Vitamin C (as ascorbyl palmitate) 20 mg 22% **Curcumin Phospholipid Complex** 400 mg (Turmeric, 95% extract (root) and phospholipids) **Total Curcuminoids** 155 mg Total Phospholipids 75 mg * Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule (acid resistant).

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.