

TURMERIC CAPSULES

Turmeric (*Curcuma longa*) is a flowering plant native to South Asia. It's cultivated extensively in India, China, and Indonesia, where it's been used for thousands of years as a spice and medicinal herb. The most notable part of the turmeric plant is the rhizomes, which are harvested, dried, and ground to produce the bright yellow-orange powder known as Turmeric powder. While it's known for its flavor in Middle Eastern and South Asian cuisines, it also delivers powerful health benefits.

Turmeric is traditionally used for its anti-inflammatory, antioxidant, antimicrobial, and digestive properties. It has been used to alleviate symptoms of inflammatory conditions like arthritis, support digestive health, promote liver detoxification, and enhance skin health. Turmeric is also valued for improving cognitive function, supporting heart health, and promoting overall well-being.

Turmeric contains several bioactive compounds, but curcumin is the most notable and studied. Curcumin is a polyphenol responsible for many of Turmeric's health benefits. Other bioactive

compounds, such as curcuminoids, contribute to Turmeric's antioxidant, anti-inflammatory, and antimicrobial properties. Additional health-promoting compounds in Turmeric include volatile oils, vitamins, minerals, and dietary fibers.

Turmeric has been shown in scientific studies to:

- Provide antioxidant and anti-inflammatory activity
- Maintain and support healthy joints
- Support a healthy cardiovascular system
- Support healthy liver function
- Support the body as it ages



SUPPLEMENT FACTS

Serving Size: 1 Liquid Herb Capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Organic Turmeric (<i>Curcuma longa</i>) Root	2500 mg	**

** Daily Value Not Established.

Other Ingredients: Organic Sunflower Lecithin, Organic Medium Chain Triglycerides, Vegetable Cellulose

 **MADE WITH ORGANIC HERBS**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.



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