



Turmeric CAPSULE

ANTI-INFLAMMATORY
Digestive inflammation

NPN 80003168
85 CAPSULES
400 mg/CAPSULE

Ingredient				
Turmeric	rhizome	<i>Curcuma longa</i>	425 mg	Organic
Vegetable cellulose capsules				

DOSAGE

INTERVENTION: 4 capsules, 2 times per day, for 6 days.

TREATMENT: 2-4 capsules, 1 to 2 times per day, for 6 weeks. Repeat as needed.

DIRECTION FOR USE

Take with a small amount of lukewarm water or infusion. For its digestive effects, take with meals. For its antioxidant and anti-inflammatory effects, take between meals. Always take with lipids for better absorption. Olive oil, flaxseed oil, Omega-3 or any meal containing lipids are good combinations.

MECHANISM OF ACTION

Turmeric is a medium-bitter aromatic tonic that is sweet and rich in volatile principles. It contains phenols (curcuminoids, including curcumin), volatile oils (zingiberene, tumerone, cineol, curcumenol, terpinene), vitamins (C, A, E), bitter principles, polysaccharides, resins and minerals (calcium, magnesium and potassium).

Its most identified and characteristic active principles are its curcuminoids, especially curcumin, an orange-yellow pigment. However, research in the last few years suggests that turmeric's therapeutic action is due to its curcumin, volatile oils and vitamins working together. It is therefore important to use whole turmeric, not curcumin extract. We prefer whole turmeric that is aromatic, bitter and colourful.

A staple in the pharmacopoeia, turmeric acts on the digestive processes (positively impacting all conditions caused by chronic digestive problems) and the inflammatory processes. Its antioxidant effects act directly on the cell walls.

In the digestive system, turmeric acts on several organs: the liver, stomach and intestines. An hepatic herb, it is both choleric and cholagogue (increasing the amount of bile produced and making it more fluid). It also protects the liver and reduces inflammation of the liver tissue. A digestive tonic, it is a remedy of choice for digestive atony and for painful, inflammatory stomach conditions, such as ulcers. A number of recent studies have identified a calming and healing effect on the intestines, making it helpful for irritable bowel syndrome, Crohn's disease and candidiasis. It can also be used for parasitosis addressing the terrain while treating with antiparasitic herbs.

An anti-inflammatory, turmeric is a systemic herb studied for its action on digestion, but also on the skin, musculoskeletal system and for its cancer-preventing effects. Several studies are underway

to understand its mechanisms of action on preventing cancer and keeping it from spreading. These studies focus on turmeric's antimutagenic and antioxidant effects, cell protection during chemotherapy (reduction in cellular degradation) and overall reduction of inflammation, given that inflammation creates fertile grounds for cancer to develop. All are interesting leads that will keep researchers busy over the next several years.

HELPFUL ASSOCIATIONS

SWEET TUMMY for gastric problems.

CHAMOMILE and **LEMONBALM** tea for stomach inflammation.

FENNEL, **CUMIN**, **CORIANDER** infusion for digestive atony.

YARROW tincture for bleeding ulcers.

BURDOCK tea for osteoarticular problems such as tendinitis and bursitis.

ARTHROSTOP for osteoarticular problems.

DIGESTOP for intestinal irritation and colitis.

PLANTAIN tea for intestinal irritation.

PARASITIX for parasitosis.

ETHNOBOTANY

Digestive system: gastric ulcer, irritable bowel syndrome, dyspepsia, flatulence, colitis, jaundice, hepatic atony, nausea, motion sickness, parasitosis, jaundice, digestive atony, to prevent gallstones and protect the liver.

Osteoarticular system: bursitis, rheumatism, sprain, arthritis pain, fibromyalgia.

HISTORY

Native to India, turmeric is a popular spice in Indian cooking and is a key ingredient in curry. It is also an important herb in Ayurvedic medicine. Turmeric was traditionally used for indigestion, nausea, motion sickness, hepatic congestion, malaria, hypercholesterolemia and arthritis. In China, turmeric is used to soothe the pain caused by menstrual cramps and amenorrhea.

CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen, if you have gastric ulcers, hyperacidity, gallstones or gallbladder occlusion, prior to surgery or dental extraction, prior to use during pregnancy. No contraindication for breastfeeding.

INTERACTIONS

Consult a health care professional prior to use if taking antiplatelet or anticoagulant medication.

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All ingredients certified organic.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

