

Turmeric & Inflammation

Turmeric's key antioxidant, curcumin, boasts an array of research-backed and time-tested benefits.

Turmeric is an Ayurvedic remedy used for **4,000 years**.



Research supports curcumin for:

- Immune support
- Pain management
- Joint-health support
- Helping maintain healthy inflammation response

It's available as a **culinary spice**. But even curry lovers aren't getting enough from food alone.

- You'd need to consume at least **three teaspoons** of turmeric per day to reap the benefits found in supplements.
- 1 serving curry = approximately **1/4 teaspoon** turmeric



In 2013 alone there were more than **1,000 published** studies on curcumin's health benefits. There are 24 current on-going studies on the effects of turmeric and curcumin.

- Today, Americans spend **2 billion** on OTC pain relievers, indicating the need for "instant relief".
- Addressing **the root cause of inflammation** is critical to maintaining a healthy inflammation response, which makes turmeric an excellent natural alternative.



- **Curcumin** is the most powerful curcuminoid.
- Fights **free radicals**, which are linked to:
 - Oxidative stress
 - Accelerated signs of aging
 - A weakened immune system
 - Poor cellular health



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INCREDIBLE HEALTH BENEFITS OF TURMERIC



Supports Cognitive Function^{[1,4,6]*}

Curcumin supports healthy brain cells and optimal overall cognitive function.



Supports a Healthy Inflammatory Response^{[19,20]*}

Curcumin has been scientifically shown to promote a proper inflammatory response.



Supports Cardiovascular Function^{[14,15,16]*}

Curcumin supports heart health by promoting a healthy inflammatory response.



Supports Joint & Muscle Health^{[6]*}

Curcumin promotes a healthy inflammatory response and eases aches and pains.



Promotes Healthy Mood Balance^{[12,13]*}

Studies have shown that curcumin may support a healthy mood.



Promotes Youthful Radiant Skin^{[17]*}

Curcumin promotes soft, smooth, glowing skin and fights fine lines and wrinkles.

Black Pepper Enhances Bioavailability of Turmeric



Despite curcumin's remarkable health benefits*, it has the drawback of being difficult for the body to absorb. But according to a study published in *Planta Medica*, when 20 mg of black pepper extract is administered together with curcumin, it boosts the bioavailability of the turmeric-derived compound by up to 2,000%.^[11]