Turmeric Curcumin

**Nutritional Support for:**

Joint, liver, gastrointestinal, and cardiovascular function

**PATIENT BENEFITS**

- Promotes immune system function
- Supports brain and joint health
- Promotes healthy liver, gall bladder and digestive function
- Free radical scavenging properties
- Supports cardiovascular function
- Black pepper included for enhanced absorption

**UNIQUE PROPERTIES**

Curcumin, a polyphenol nutrient found in the spice turmeric (*Curcuma longa*), has beneficial effects for nearly every organ system in the body. Used for its medicinal effects for centuries and extensively studied, Curcumin has been shown to help maintain the body’s normal inflammatory response while also supporting joint, liver, gastrointestinal, and cardiovascular function. To enhance the normally poor bioavailability of curcumin, our formula also contains black pepper extract that promotes rapid absorption of nutrients from the gastrointestinal tract.

**KEY INGREDIENTS**

**Turmeric (Curcuma longa)**

Patient One Turmeric Curcumin combines the benefits of both whole Turmeric root and Turmeric extract (standardized to 95% curcuminoids), along with black pepper extract for enhanced absorption.

Curcumin is the orange pigment in turmeric (the primary ingredient in curry) and has been studied for its effective therapeutic outcomes acting as an antioxidant, anti-inflammatory, antispasmodic, anticoagulant, immunomodulatory activities and even in wound healing. Research suggests support for joint, eye, GI tract, liver, prostate and nerve health.

Curcumin supports production of B and T cells which is useful for promoting proper immune function. It also supports production of bile and enzymes that digest sugars and fats. This helps to maintain cholesterol levels within normal range. Turmeric supports intestinal flora and the mucus membranes of the body, including those of the digestive tract. As such, it may be beneficial after a course of antibiotics and for those with unbalanced intestinal flora. It also helps protect the stomach against excess acid and is used for its soothing effect on the mucosa of the gut.

Several studies have illustrated curcumin’s hepatoprotective effects, leading researchers to suggest its use in protecting the liver from exogenous insults from environmental toxins.

**Black Pepper Extract**

It has been found that the therapeutic effectiveness of curcumin is often limited due to its poor absorption from the GI tract. When taken orally only traces appear in the blood, whereas most of the dose is excreted though the feces. Our formula includes an extract derived from the common black pepper fruit that contains the alkaloid piperine. Black pepper has been shown to enhance the bioavailability and promote absorption of curcumin both in pre-clinical studies and in studies on human volunteers.
Other Ingredients:
gelatin, silica, rice powder, vegetable stearate

Free of:
milk, fish, crustacean shellfish (lobster, crab, shrimp),
soybeans, gluten, wheat, yeast, sugar, and artificial sweeteners,
flavors, colors and preservatives.

Suggested Use:
Take 1 capsule daily, preferably with a meal, or as
directed by a qualified healthcare professional.

Caution:
If pregnant, nursing, have gall stones or gall bladder
disease, consult your healthcare practitioner before taking this
product. Individuals taking medication, especially blood thinners
or cancer treatment, should discuss potential interactions with their
healthcare practitioner. Discontinue use and consult doctor if any
adverse reactions occur.

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