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ESSENTIALS

# TURMERIC 15000

High strength 95% curcumins

## Nutritional Information

One Tablet provides:

	*%NRV
Turmeric extract	526 mg
Providing 95% curcumins	500 mg
Black pepper extract	2.6 mg
Providing piperine	2.5 mg

Take one tablet daily with food. Swallow with water.



## SUMMARY

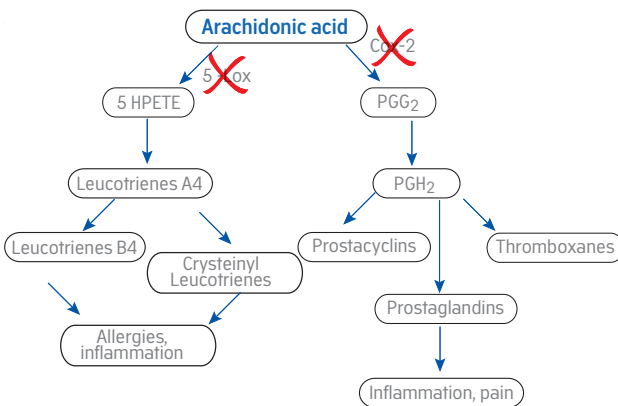
- 500 mg extract from 15000 mg turmeric
- With black pepper to enhance absorption
- Titanium dioxide free formulation.

## DESCRIPTION

Turmeric 15000 is a high strength turmeric supplement providing 95% curcumin extract. Turmeric has been used traditionally for thousands of years as a natural aid for many health ailments, especially for regulating inflammation.

## CURCUMIN AND INFLAMMATION

**NF-kB, Cox -2 and 5-LOX:** Curcumin causes a reduction in inflammation in a number of ways. It inhibits NF-kB expression. NF-kB controls transcription of DNA, cytokine (interferon and interleukin) production and cell survival and is the master regulator of inflammation. Curcumin controls the expression of lipoxygenase (5-LOX), cyclooxygenase-2 (COX-2) which are greatly involved in the inflammatory process.<sup>1</sup>



**Inflammation and ageing:** Inflammation plays a huge role in the ageing process. Curcumin controls NF-kB signalling system and regulates the immune response in conditions associated with ageing and age-related diseases.<sup>1</sup>

**Antioxidant:** Curcumin also reduces acute and chronic inflammation by mopping up free radicals including reactive oxygen species and reactive nitrogen species. Curcumin regulates the expression of glutathione S-transferase which increases the production of glutathione, the body's primary antioxidant.<sup>1</sup>

## CURCUMIN AND DETOXIFICATION

**Glutathione:** Curcumin regulates the expression of glutathione S-transferase and ensures that glutathione is working effectively<sup>1</sup>. Glutathione attaches to toxins before they can be bound to other components for excretion, and therefore plays an essential role in detoxification.

**Phase 2 liver detoxification enzymes:** Studies suggest that curcumin induces phase 2 liver detoxification enzymes and facilitates the detoxification process<sup>2</sup>. A fully functioning phase 2 detoxification pathway is essential to maintain equilibrium of the liver and toxic load. Many external factors increase phase 1 detoxification pathway, however it is important that phase 2 detoxification pathway can effectively detoxify the toxic load it is presented.

## WHICH HEALTH CONDITIONS BENEFIT FROM CURCUMIN?

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**Autoimmunity:** Chronic inflammation is a key pathological result of autoimmunity which needs to be kept under control. Curcumin decreases inflammation within the gut, as well as systemically, making it beneficial for the symptoms and the root of the disease which starts in the gut and gut associated lymphoid tissue. Studies show an improvement in autoantibody profile, especially in the case of autoimmune diabetes (type 1)<sup>3</sup>.

**Allergies:** Due to the ability of curcumin to snip the 5-LOX chain and prevent the cascade of inflammation, curcumin may be beneficial in reducing allergic responses. This may be particularly beneficial for those with environmental allergies such as asthma, hay fever, dust and animal allergies. Curcumin causes a marked decrease in histamine release in the body.<sup>4</sup>

**Inflammatory diseases:** Conditions such as osteoarthritis where inflammation is one of the main symptoms and causes of discomfort can benefit greatly from curcumin supplementation. Pre-clinical studies and initial clinical trials have shown that curcumin may help in the management of a wide range of inflammatory diseases including osteoarthritis where it can help to decrease joint pain and improve flexibility.<sup>5,6</sup>

## WHY DOES TURMERIC 15000 CONTAINS BLACK PEPPER EXTRACT?

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Black pepper extract is included in the formulation due to its ability to enhance the absorption and bioavailability of curcumin within the gut<sup>7</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING TURMERIC 15000?

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Turmeric 15000 is intended exclusively for adults and is not recommended for:

- Children
- Pregnant or breastfeeding women

Consult your GP before taking alongside any prescribed medication.

## FEATURES

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- 500 mg curcumins extract
- 95% curcumins
- 3 types of curcumins
- With black pepper extract to enhance absorption.
- Suitable for vegans

## HEALTH NEEDS

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## SCIENTIFIC REFERENCES

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