

An herbal supplement to support proper liver and gallbladder function.*

Turmeric, a flavoring spice rich in Curcumin, has liver protective, detoxifying and free radical scavenging properties.*

Turmeric (*Curcuma longa*) is an antioxidant that:

- Protects against free radical damage and unwanted substances in the liver.*
- Normalizes gallbladder function*
- Aids in digestion*
- Helps maintain cholesterol levels within normal ranges*
- Supports circulation and blood vessel health*

Used in Ayurvedic medicine as a cleansing herb for the whole body and in Chinese medicine to support liver, gallbladder, digestive, and circulatory health. *

Today it is known to be useful in situations in which high levels of antioxidant support are necessary.*

The volatile oils in Turmeric support joint comfort and bile production, which supports better fat digestion.*

Turmeric supports intestinal flora and the mucus membranes of the body, including those of the digestive tract, which is important after a course of antibiotics and for those with dysbiosis (unbalanced intestinal flora).*

Turmeric supports absorption and metabolism, has a soothing effect on the mucosa of the gut and helps protect the stomach against excess acid.*

Curcumin supports production of B and T cells which is useful for supporting proper immune system function.*

Curcumin also supports production of bile as well as enzymes that digest sugars and fats to help maintain blood cholesterol levels within normal ranges.*

The active ingredients in Turmeric are thought to be its volatile oil and various curcuminoids, especially curcumin. Our Turmeric is standardized to yield 475 mg (95%) Curcumin per capsule.

Turmeric has GRAS (Generally Recognized As Safe) status in the U.S. as a food product.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Curcumin C3 Complex®	500 mg
yielding Curcuminoids	475 mg
Bioperine® (<i>Piper nigrum</i>) Fruit Extract	5 mg

Other Ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant, nursing, have gallstones or gallbladder disease, consult your healthcare practitioner before taking this product.

Caution: It is recommended to discontinue use 2 weeks before any elective surgery.

Suggested Use: As a dietary supplement, take 1 capsule daily with breakfast and 1 capsule with lunch, or as directed by your healthcare practitioner.



Curcumin C3 Complex® is a Patented product and registered trademark of Sabinsa Corporation.

Bioperine® is a registered trademark and patented product of Sabinsa Corporation.