

TurMemoric

Turmeric Extract with Lutein and Rosemary Extract

Presentation

An oval clear coated yellow tablet with speckles, colour variation may occur.

Two tablets deliver:

Turmeric Root Extract (providing 95% Curcumins equivalent to 10,000mg of Turmeric Spice)	200mg
Lutein	10mg
Zeaxanthin	500µg
Vitamin B12 (as methylcobalamin)	500µg
Zinc (as Citrate)	5mg
Rosemary (as 7.5:1 extract)	20mg

quantity
60

type
tablets

code
8541



Tableted With:

Cellulose, Calcium Carbonate, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin),
Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Stearic Acid.

Disintegration Time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

Uses

As the evidence for turmeric keeps on growing, more and more turmeric supplements are emerging but our formula really is based on the latest in nutritional research. We have combined our premium turmeric extract that is standardised to provide 95% curcumins, with lutein, which is one of the most important dietary carotenoids.

Recently, interest in lutein has grown beyond its association with eye health with the discovery that it is the main carotenoid concentrated in the brain. Researchers have discovered a link between lutein accumulation and areas of the brain rich in fatty acids, including DHA; suggesting it may play an important role as an antioxidant.

Moreover, the average daily intake of lutein from dietary sources is estimated to be as low as 1 to 2mg whereas researchers believe a relevant intake should be nearer 10mg daily so we have included a full 10mg of lutein per two tablets.

Rosemary is also included as an extract to preserve the active constituents, plus we've added vitamin B12 for normal neurological and psychological functions, and zinc for normal cognitive function.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

