

Turmeric

Turmeric is a staple of diets worldwide and has been used for thousands of years. Precision Health's product line focuses on bioavailability and this is why our **Turmeric** has been spagyrically processed. This holistic way of processing ingredients allows for the purification and amplification of the original substance. Our liquid turmeric provides you with a powerful, stable and extremely bioavailable botanical. It tastes great too!

The main active ingredient in turmeric is the bioflavonoid curcumin. It is an impressive antioxidant and is widely known to have antibacterial, gastroprotective and powerful anti-inflammatory properties.

Antioxidants are very beneficial as they protect your body from free radicals. Free radicals are unstable atoms and if the body is unable to regulate them (known as oxidative stress), they can adversely alter lipids, proteins, DNA and trigger a range of diseases. Oxidative stress is also highly indicated in liver disease. Curcumin is a potent antioxidant that has been seen to neutralize free radicals due to its chemical structure.



In addition, studies are showing that curcumin is being integrated into strategies for arthritis, heart disease, diabetes, metabolic syndrome, various cancers, Alzheimer's disease, depression and skin health. It is also being used in strategies to enhance recovery and performance in active people.

Whether taking the product sublingually or supercharging your water, our spagyric liquid **Turmeric** allows for easy integration into your patient healing strategies!



Turmeric Rhizome (Curcuma Longa L.)

Tip: Try adding **Turmeric** with ReHydration and SpectraMin in the same water for a powerful combination!

References:

- https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#TOC_TITLE_HDR_4
- https://www.scrip.org/html/14-2604907_108166.htm
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073929/>
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- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>
- <https://www.everydayhealth.com/diet-nutrition/diet/scientific-health-benefits-turmeric-curcumin/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>



Food Supplement
Directions: 25 drops
twice per day in water
or as directed by your
health professional.
Shake well

INGREDIENTS 50 drops: 2ml/NRV%

Spagyrically processed: Turmeric
Rhizome (Curcuma Longa L.) 400mg/*

Other ingredients: Water, Ethyl Alcohol
40%, Grape Juice

*NRV not established 50ml e

Gluten/Lactose Free & Vegan

This information is limited to healthcare professionals for clinical research purposes only. These statements have not been evaluated by the MHRA. Food supplements are not a substitute for a varied balanced diet and healthy lifestyle. Ask a health professional prior to use if pregnant, breast feeding, taking medication or under medical supervision. Do not use if seal is broken. This product is not intended to diagnose, treat, cure or prevent any condition or disease. Store in a cool dry place away from sunlight and reach of children.