

## Turmeric Max-V

### DESCRIPTION

Turmeric Max-V, provided by Douglas Laboratories, supplies 100 mg of turmeric in each vegetarian capsule.

### FUNCTIONS

Turmeric (*Curcuma longa*) is a traditional spice and rhizomatous herbaceous perennial plant of the ginger family native to southern Asia. Its bright yellow-orange color is recognizable in many Indian food dishes.

Studies have shown that curcumin, a naturally occurring biologically active group of compounds from turmeric, can function as efficient antioxidants and can help regulate the body's normal responses after physical exertion. Turmeric's antioxidant properties are also thought to play a role in supporting tissue health, joint health and cardiovascular function. †

Recent research has shown that curcumin, which is the main curcuminoid of turmeric, effects intracellular signaling cascades, particularly those involving NF-kappaB and mitogen-activated protein kinases.† It has been used in clinical trials to comfort and support to the knee joints. †

### INDICATIONS

Turmeric Max-V may be a useful dietary adjunct for individuals wishing to supplement with turmeric.

### FORMULA (#77377)

1 Vegetarian Capsule Contains:

Turmeric (standardized to 95% curcuminoids) ..... 100 mg

In a 100 mg base of non-standardized turmeric

### SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by a healthcare practitioner.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Turmeric Max-V visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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