



Relieves symptoms of **mild osteoarthritis** including **joint pain, inflammation and stiffness**. Provides **antioxidant properties** to protect body cells and tissues.

KEY BENEFITS

- ✓ Helps manage mild osteoarthritis symptoms including joint pain, stiffness and reduced function
- ✓ In traditional Ayurvedic medicine, turmeric is regarded as having anti-inflammatory, anti-rheumatic and analgesic properties
- ✓ Curcuminoids from turmeric have an antioxidant action to help protect tissues, cells and structures from the damaging effects of free radicals

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

PRODUCT FEATURES

- ✓ Contains curcumin C3 standardised extract (from turmeric), a clinically-studied extract, plus standardised turmeric powder
- ✓ Bio-enhanced with piperine to improve bioavailability
- ✓ Vegan-friendly tablet form

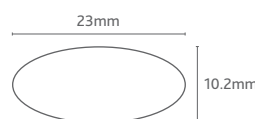
ACTIVE INGREDIENTS

Each tablet contains:

Curcumin (Curcumin C3 Complex [®])	386.5mg
from <i>Curcuma longa</i> (turmeric) rhizome standardised to curcuminoids	25.1g (25,125mg) 367mg
<i>Curcuma longa</i> (turmeric) powder rhizome standardised to curcuminoids	250mg 8mg
Total curcuminoids	375mg
Plus extract equiv. to dry:	
<i>Piper nigrum</i> (Bioperine [®] Black Pepper) fruit standardised to piperine	86.5mg 4mg

Suitable for vegetarians and vegans.

NO artificial colours, flavours or preservatives, yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 1-2 tablets once daily with food.
An extra dose may be taken as required.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.

BACKGROUND INFORMATION

INFLAMMATION AND PAIN

Inflammation is typically characterised by symptoms of pain, swelling, heat, stiffness and reddening of the affected part. These symptoms are caused by the presence of compounds called inflammatory mediators, which may also cause damage to the injured or inflamed tissue.

TRADITIONAL CHINESE MEDICINE (TCM) PERSPECTIVE OF PAIN

According to traditional Chinese medicine theory, pain is related to stagnation of *Qi* (energy) and Blood in the body. This stagnation can occur from injury that impairs the channel pathways in which *Qi* and Blood circulate, or from environmental or lifestyle factors which deplete or slow the flow of these substances. Herbs used in TCM mostly rely on 'invigorating *Qi* and Blood in the channels' that will move stagnation to address pain and symptoms associated with it.



Turmeric exhibits anti-inflammatory, antioxidant and pain-relieving properties. It's used in traditional Ayurvedic medicine to reduce joint pain and rheumatic pain. In TCM turmeric invigorates the Blood and *Qi* to ease pain due to stagnation.



Piperine is the principle bioactive compound of black pepper. Our patented, standardised extract, Bioperine[®], has been shown to enhance the absorption and bioavailability of curcumin from turmeric.¹

1. As demonstrated in a pilot study in men

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COMPANION PRODUCT

Pain & Inflammation - A herbal formula with herbs shown to have anti-inflammatory and analgesic actions.