



## Turmeric Capsules

Food supplement with curcuminoids and choline

**Useful information:** Turmeric, or curcuma, is best known for its use in Asian cuisine, as it adds a unique, exotic, spicy flavour to dishes. Turmeric contains secondary colourants and phytochemicals (curcuminoids), which are responsible, among other things, for the intense orange-yellow colour of the root. Choline is a fat-like, vital nutrient that is only produced to a small extent in the body itself and can hardly be stored. Choline is proven to contribute towards a normal lipometabolism.

**Ingredients:** Choline Bitartrate, Extract of *Curcuma longa* (26 %), *Curcuma longa* Powder (24 %), Gelatine, Magnesium Stearate (separating agent), Microcrystalline Cellulose, Corn Starch (bulking agent).

Each turmeric capsule contains 180 mg extract of *curcuma longa* and 170 mg *curcuma longa* powder as well as 83 mg choline.

	per capsule (=daily dose)	per 100 g capsules
Extract of <i>curcuma longa</i>	180 mg	26 g
<i>Curcuma longa</i> powder	170 mg	24 g
Curcuminoids	180 mg	26 g
Choline	83 mg	12 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

**Recommended use:** Take 1 capsule per day after meals with sufficient liquid.

Not for pregnant and breastfeeding women, children and adolescents.

Store protected from light, dry and below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 180 capsules = 125 g**

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