



## Turmeric Capsules

Food supplement with curcuminoids and choline  
vegan

**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 %), Hydroxypropylmethylcellulose, Magnesium Stearate (separating agent), Microcrystalline Cellulose, Corn Starch (bulking agents).

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

	<b>per capsule (=daily dose)</b>
Extract of curcuma longa	180 mg
Curcuma longa powder	170 mg
Curcuminoids	180 mg
Choline	83 mg

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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