

TURMERIC

Traditionally used in Herbal Medicine as an anti-inflammatory to help relieve joint pain and to help relieve flatulent dyspepsia.

90 capsules 325 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80001503

History

Turmeric is a plant that originates in South Asia and whose culinary usage is widespread. The spice powder derived from the dried rhizome is in fact one of the main ingredients in curry and is widely used in India. Turmeric has also long been used as a preservative, before the spread of synthetic preservatives. It has also been used as a colouring agent and a dye. Apart from these uses, its therapeutic benefits are well known in Asian medicine, particularly in Ayurveda, but also in Chinese, Japanese, Thai, and Indonesian traditional medicine.

Turmeric is principally used to treat digestive problems, due to its capacity to boost secretions of bile. Recent research has focused on certain constituents of turmeric and has shed light on the remarkable anti-oxidant and anti-inflammatory properties of this spice.

Anti-inflammatory properties¹

Among the constituents of turmeric are three notable curcuminoids: curcumin (diferuloylmethane, which gives its characteristic yellow colour); demethoxycurcumin; and bisdemethoxycurcumin. Turmeric also contains essential oils (turmerone, atlantone, zingiberone), sugars, proteins and resins.

While much research on curcumin has focused on its anti-oxidant and anti-microbial properties, a number of studies have also established its anti-inflammatory effects and provided insight into understanding its mechanisms of action. Thus it has been shown to interact with a number of molecular targets implicated in inflammation. Curcumin thus modulates inflammatory reactions by negatively regulating the activity of cyclooxygenase-2, lipoxxygenase, and iNOS (inducible nitric oxide synthase), by inhibiting the inflammatory cytokines TNF α (tumour necrosis factor alpha), the interleukins IL-1, -2, -6, -8 and -12, MCP (monocyte chemoattractant proteins), etc. This remarkable anti-inflammatory activity is especially useful in the context of rheumatoid polyarthritis.



**BPF
GMP**

MEDICINAL INGREDIENT

Turmeric rhizome (*Curcuma longa*) 325 mg

NON-MEDICINAL INGREDIENT

Hypromellose

RECOMMENDED DOSE

Adult : 2 capsules 3 times daily. Take with a glass of water.

WARNINGS

- Consult a health care provider prior to use if you have gallstones or a bile duct obstruction.
- Consult a health care provider prior to use if you are pregnant.
- Consult a health care provider prior to use if you have stomach ulcers or excess stomach acid.
- Consult a health care provider prior if symptoms persist or worsen.

CURCUMA LONGA

USDA Classification¹
Kingdom: Plantae
Division: Magnoliophyta
Class: Liliopsida
Order: Zingiberales
Famiy: Zingiberaceae
Genus: Curcuma
Species: Curcuma longa

Dyspepsie flatulente

In the process of digestion, food is broken down and transformed in the digestive tract into nutrients that can be absorbed by the intestines. As the nutrients traverse the intestinal lining, they are distributed into the blood stream. Dyspepsia is a functional digestive disorder that does not have any known pathological cause but is due to a disturbance of the digestive apparatus. It produces symptoms of discomfort in the abdomen accompanied by bloating and intestinal gas (flatulence)². Dyspepsia affects 25% to 40% of adults³. Overeating and an unhealthy diet are the primary causes of digestive discomfort. Further, in some people, the consumption of foods and drinks like coffee, carbonated beverages, alcohol or spicy foods can irritate the digestive system and provoke discomfort.

The active compounds mentioned above (notably essential oils like zingiberone and curcuminoids) can stimulate the production and secretion of bile (cholagogue), and the essential oils can act as a carminative to help digestion⁴. The use of turmeric as a hepatoprotectant/liver protectant is also recognized by Health Canada. The effectiveness of turmeric rhizomes in treating dyspepsia is also recognized by Health Canada, and by Commission E and the World Health Organization. One clinical trial has shown the effectiveness of turmeric, compared to placebo, in soothing digestive problems with a dose of 500 mg, 4 times per day. The many benefits of turmeric, notably its anti-oxidant and anti-inflammatory effects, explain the growing interest in this plant in recent years in areas of research and health. This has made turmeric a remarkable ingredient in health products today⁴.

The many virtues of turmeric, including in particular its antioxidant and anti-inflammatory, explain the growing interest it has experienced in recent years in the fields of research and health, and make it an outstanding ingredient within present natural health products.

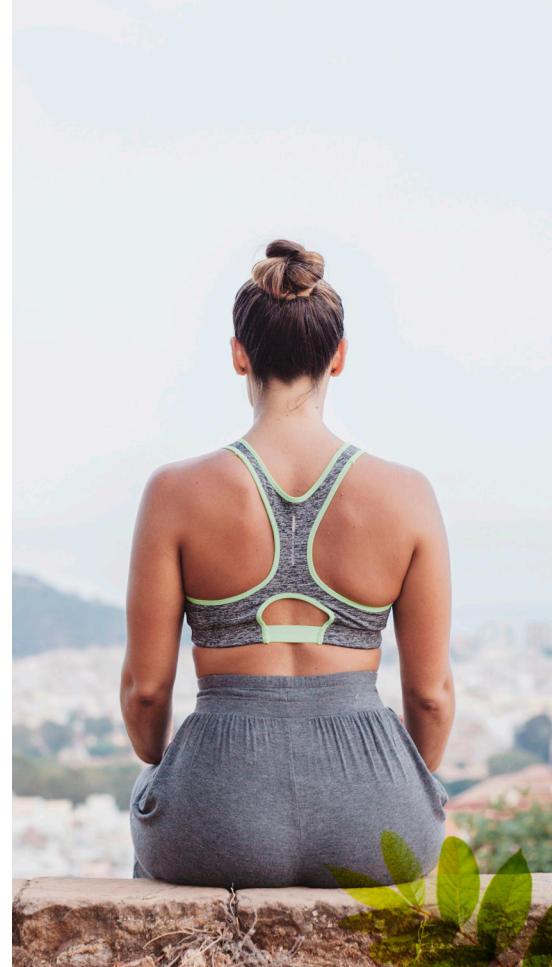
Rich in anti-oxydants

Anti-oxidants are known for their capacity to promote good health and to diminish the risks of certain diseases. The growing interest in natural anti-oxidant extracts from plants is due to concerns on the part of consumers and health professionals in the use of synthetic anti-oxidants in the human food supply⁵.

Aqueous and fat soluble extracts of turmeric, and of its curcumin, contain very potent anti-oxidant properties, comparable to the properties of Vitamin C and E. In 2000, one in vitro study showed that these properties translated into an increase in cellular resistance to oxidative damage⁶. Thus curcumin today is known for its capacity to protect biomembranes.

RÉFÉRENCES

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- ³ **Ford AC, Moayyedi P.** *Managing Dyspepsia.* Curr Gastroenterol Rep. 11(4):288-94. 2009 Menon VP, Sudheer AR. Antioxidant and Anti-Inflammatory Properties of Curcumin. Advances Exp Med Biol, 595:105-125. 2007 Engels G. Turmeric. HerbalGram, 84:1-3. 2009
- ⁴ **Thamlikitkul V, et al.** *Randomized Double Blind Study of Curcuma domestica Val. For Dyspepsia.* J Med Assoc Thai. 72(11):613-20. 1989
- ⁵ **Maizura M, Aminah A, Wan Aida WM.** *Total Phenolic Content and Antioxidant Activity of Kesum (Polygonum minus), Ginger (Zingiber officinale) and Turmeric (Curcuma longa) Extract.* International Food Research Journal, 17:45-53. 2010
- ⁶ **Mortellini R, Foresti R, Bassi R, Green CJ.** *Curcumin, an antioxidant and anti-inflammatory agent, induces heme oxygenase-1 and protects endothelial cells against oxidative stress.* Free Radic Biol Med, 28:1303-1312. 2000



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Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

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Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.