

TURMERIC + PIPERINE

STANDARDIZED 95% CURCUMINOIDS.
Traditionally used in Herbal Medicine as an anti-inflammatory to help relieve joint pain.

30 capsules 27 500 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80078670



Turmeric

Turmeric is a plant native to South Asia with widespread culinary uses. In fact, one of the main ingredients of the curries found throughout India is the powdered spice of dried turmeric rhizome. Turmeric has also been used as a preservative for food, long before the appearance of synthetic preservatives, and it has been used as a colouring agent and dye. In addition to these uses, turmeric's therapeutic properties are recognized in most Asian medical traditions, including Ayurveda, but also Chinese, Japanese, Thai, and Indonesian medical traditions. In these contexts, one of turmeric's main uses has been as a treatment for digestive disorders due to its action of stimulating increased bile secretions. Research in recent years has largely focused on certain components of turmeric, highlighting the remarkable antioxidant and anti-inflammatory properties of this spice.

Anti-inflammatory properties³

Among the components of turmeric are three notable curcuminoids: curcumin (diferulomethane, which gives turmeric its characteristic yellow colour), demethoxycurcumin, and bisdemethoxycurcumin. Turmeric also contains volatile oils (tumerone, atlantone, and zingiberone), sugars, proteins, and resins. While many studies on curcumin have focused on its antioxidant and antimicrobial activities, some studies have also emphasized its anti-inflammatory effects to provide a better understanding of the mechanisms involved. It has thus been observed that curcumin interacts with a number of molecular targets implicated in inflammation. Curcumin thus modulates inflammatory reactions by negatively regulating the activity of cyclo-oxygenase-2, lipoxygenase, and iNOS (inducible nitric oxide synthase); by inhibiting inflammatory cytokines TNF α (tumor necrosis factor alpha), interleukins IL-1, -2, -6, -8 and -12, MCP (chemo-attractant protein monocytes), etc. This remarkable anti-inflammatory activity is helpful for rheumatoid arthritis. The many virtues of turmeric, including its antioxidant and anti-inflammatory effects, explain the growing interest it has experienced in recent years in research and health communities, making it a remarkable ingredient in natural health products today.



MEDICINAL INGREDIENTS

Curcumin C3 Complex® Turmeric (*Curcuma longa*, Rhizome) 500 mg (Standardized 95% of Curcuminoids, 55 : 1, QCE 27.5 Grammes)
Bioperine® (*Piper nigrum* - fruit) 5 mg

NON-MEDICINAL INGREDIENTS

Cellulose, hypromellose and magnesium stearate

RECOMMENDED DOSE

Adult: 1 capsule 3 times a day with a meal.

DURATION OF USE

For use beyond 6 weeks, consult a health care practitioner.

WARNINGS

Consult a health care practitioner if symptoms persist or worsen • prior to use if you have gallstones or obstruction of the bile duct • prior to use if you have stomach ulcers or excess stomach acid • prior to use if you are pregnant or breastfeeding • prior to use if you are taking any medications or any other natural health product as piperine may impair their effectiveness • prior to use if you are taking antiplatelet medications or blood thinners.

CURCUMA (CURCUMA LONGA | PIPER NIGRUM)

USDA Classification 1 | USDA2
Kingdom: Plantae | *Plantae*
Division: Magnoliophyta | *Magnoliophyta*
Class: Liliopsida | *Magnoliopsida*
Order: Zingiberales | *Piperales*
Famiy: Zingiberaceae | *Piperaceae*
Genus: Curcuma | *Piper L.*
Species: Curcuma longa | *Piper nigrum L.*

Turmeric's considerable anti-inflammatory properties make it ideal for the treatment of rheumatoid arthritis. Indeed, its potent antioxidant and anti-inflammatory properties explain the growing interest in Turmeric in recent years, both from the conventional medical and health and wellness spheres. These properties also explain why Turmeric is used in so many natural health products today.

Piperine

Black pepper (*Piper nigrum* L.) has been used as a spice all over the world for centuries. Piperine (1-piperoylpiperidine), one of its major components, is an alkaloid with the property of improving drug bioavailability by inhibiting glucuronidation in the liver and small intestine.⁴

Léo Désilets' Turmeric + Piperine product combines the properties of turmeric and piperine. Each capsule contains 500 mg of turmeric, standardized at 95% curcuminoids with anti-inflammatory properties, and 5 mg of piperine to increase bioavailability for better efficacy.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

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

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

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

RÉFÉRENCES

¹ **Curcuma longa L. - Common Turmeric.** *USDA Plant Database.* (Accessed May 15, 2019). Available online at: <https://plants.sc.egov.usda.gov/core/profile?symbol=CULO>

² **Piper nigrum L. - black pepper.** *USDA Plant Database.* (Accessed May 15, 2019). Available online at: <https://plants.sc.egov.usda.gov/core/profile?symbol=PINI3>

³ **Jurenka JS.** *Anti-Inflammatory Properties of Curcumin, a Major Constituent of Curcuma longa: A Review of Preclinical and Clinical Research.* *Altern Med Review*, 14(2):141-153. 2009

⁴ **Guido Shoba et al.** *Influence of Piperine on the Pharmacokinetics of Curcumin in Animals and human Volunteers.* *Planta Med.* 64:353-356. 1998

