



## Name Turmeric

Caps

Code	Size	Duration
C80-54	54 Capsules	Usually lasts 18 days
C80-100	100 Capsules	Usually lasts 33 days

### Area concerned

Joints and muscles, liver, menstruation, blood cleansing (detox).

### Ingredients

Turmeric 325mg minimum per capsule.

### Description

A good amount of research has been carried out on turmeric. This demonstrates that turmeric can support the natural processes of the body which stop inflammation from developing. Turmeric can also help the muscles and joints, and has a beneficial effect on the liver. The latter may be why studies indicate that turmeric can help the body to maintain healthy cholesterol levels. In the Indian Ayurvedic tradition, turmeric has long been given to menstruating women. Turmeric has a reputation as a great blood cleansing herb so it will help if you are carrying out a detox. In addition to taking **Turmeric Capsules**, use lots in your food too; turmeric has been found to be perfectly safe at quite a high daily intake.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

None

### Companion Products

90-day Menstrual Programme; 90-day Detox Programme; Arth Capsules or Drops; Cayenne Capsules; Femarone Capsules or Drops; Detox Capsules or Drops.

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