

Turmeric Forte

Inflammation Support*

Turmeric Forte contains a clinically tested, active ingredient made of a standardized extract of turmeric rhizome and the soluble fiber derived from fenugreek seed extract for enhanced bioavailability of curcuminoids when compared to unformulated curcumin.

Turmeric Forte contains curcumin, which:

- ✓ Supports a **healthy inflammatory response** to intense exercise*
- ✓ Provides **antioxidant activity***
- ✓ May help **support healthy liver function***
- ✓ Is traditionally used to **support healthy joints***

Plant-sourced bioavailable curcumin

The extent to which a compound is absorbed and becomes available to body tissues (and therefore is used by the body) is called bioavailability. The bioavailability of a substance depends on how well it is absorbed.

Traditional curcumin is known to have low bioavailability.² MediHerb Turmeric Forte provides a bioavailable form of curcumin by combining Turmeric rhizome with Fenugreek seed extract creating “free curcumin.” Several clinical studies have demonstrated the enhanced absorption and bioavailability of this curcumin-fenugreek extracted ingredient. The curcumin-fenugreek fiber extracted formulation has 24.8 times the bioavailability of an equivalent amount of unformulated curcuminoids.^{3*}

MediHerb has chosen specialized plant-sourced bioavailability technology that provides “free curcumin” to help support health.*



M1448	60 Tablets
M1670	180 Tablets

Suggested Use:

1 tablet 1-2 times daily, or as directed.

Supplement Facts	
Serving size:	1 Tablet
Servings per container:	60, 180
	Amount per Serving
	%DV
Fenugreek seed 5.5:1 extract from <i>Trigonella foenum-graecum</i> seed 731.5 mg	133 mg †
Turmeric rhizome 55:1 extract from <i>Curcuma longa</i> rhizome 6.44 g Containing curcuminoids 101.3 mg Containing curcumin 82.5 mg	117 mg †
† Daily Value (DV) not established.	

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Traditional Use

The rhizome of *Curcuma longa* (Turmeric) has been used for thousands of years as a spice and in Ayurveda tradition. Turmeric is used in many traditional herbal systems to help digestion and cleanse the blood.^{1*}

Science has long supported this proud tradition, with Turmeric and particularly the important active, curcumin, being extensively studied.

Curcumin is known to support a healthy inflammatory response and exhibits antioxidant activity as well.*

How Turmeric Forte Supports Your Health:



Supports active individuals and musculoskeletal health:

- Supports a healthy inflammatory response to intense exercise.*
- Traditionally used to support healthy joint function.*



Helps against free radicals:

- Provides antioxidant activity*
- Helps against free radicals that are formed during normal metabolism and on exposure to environmental factors.*



Supports healthy liver and digestive function:

- Turmeric and its constituent curcumin help support liver health.*



- Curcumin has been shown to support general detoxification.*
- Helps aid healthy digestion.*

References

¹ Prasad S, Aggarwal B. Turmeric, the Golden Spice: From Traditional Medicine to Modern Medicine. In: Benzie I, Wachtel-Galor S (eds). *Herbal Medicine: Biomolecular and Clinical Aspects*, 2nd Edition. Boca Raton: FL, USA, CRC Press, 2011.

² Anand P, Kunnumakkara AB, Newman RA et al. *Mol Pharm* 2007; **4**(6): 807-818

³ Kumar D, Jacob D, Subash PS et al. *J Funct Foods* 2016; **22**, 578-587

+ Contains dietary ingredient (formulation of curcumin with Fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids over unformulated curcumin.³

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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