



# Turmeric Boost

## Turmeric Boost Formula

### 60 VCaps

Servings Per Container: 60

Serving Size: 1 capsule

Suggested Use: Take 1 capsule per day, or as directed.

Ingredients	Dose Per Serving
Turmeric BCM 95	400mg
Medium Chain Triglycerides	175mg

## Directions: Take 1 per day.

### Why take this supplement:

Turmeric contains the chemical “curcumin”. Curcumin and other key chemicals in turmeric can act to decrease inflammation in many areas of the body. There are also anti-oxidant benefits as curcumin is shown to neutralize free radicals and stimulates the body’s own antioxidant enzymes. Because of this, turmeric can be beneficial for treating conditions and/or symptoms that involve inflammation. We have chosen a specialized Turmeric for our supplement to help ensure you absorb easily.

- **Turmeric BCM-95™** is a reconstituted purified and standardized extract of turmeric rhizome with a unique blend of essential oils (tumerones) and curcuminoids to enhance absorption and efficacy (7x bioavailability).
- **One 400 mg dose of Turmeric BCM-95™ is equivalent to taking 2772 mg of standard 95% curcumin extract.**
- MCT (medium chain triglycerides) are also added to increase absorption rates. With Turmeric BCM-95, black pepper is not needed to absorb at optimal levels so don’t be concerned if you have read that it is needed.

Research studies are ongoing and have shown supportive benefits to assist people with conditions like:

- Arthritis
- High Blood Pressure
- High Cholesterol
- Autoimmune disorders
- Fibromyalgia
- Inflammatory Bowel Disease
- Psoriasis
- Mild depression
- Alzheimers Diseases

### Cautions:

Turmeric is generally considered quite safe for most people. However, as with all chemicals, there are some people who are sensitive or allergic to specific components. The high quality and purity of this blend make it easier to digest with less incidence of issues or stomach irritation than other turmeric or curcumin supplements tested. Please consult your doctor if you have any specific questions or concerns about your suitability.

Caution is advised for the following:

- **It should be used with caution in those taking high doses of blood thinning medications like Warfarin, Heparin, Plavix, etc. If you are concerned, please talk to your doctor to determine your INR levels and monitor the introduction of turmeric with supervision.**
- Turmeric might slow blood clotting. **Stop using turmeric at least 2 weeks before a scheduled surgery.**
- Turmeric can cause stomach upset in some people. Do not take turmeric if it worsens symptoms. **This supplement has much less upset than other turmeric brands - if you have reacted in the past, you may not react to BSM-95.**
- Use with caution if you have iron deficiency. Do not exceed the recommended dose. **We recommend taking at a different time than any iron supplementation.** (If you are receiving injections of iron, there is no concern as injections bypass the stomach.)
- Do not use turmeric if you have gallstones or a bile duct obstruction.
- Curcumin, a chemical in turmeric, might decrease blood sugar. Use with caution in people with diabetes as it might make blood sugar too low. *(This is not really a bad thing, but do keep a closer eye on insulin needs.)*
- Turmeric might lower testosterone levels and decrease sperm movement when taken by mouth by men. This might reduce fertility. Turmeric should be used cautiously by people trying to have a baby. Research is inconclusive.