

Curcuma Capsules

Nutritional supplement with curcuminoids and choline

Good to know:

Turmeric, or curcuma, is best known for its use in Asian cuisine, as it adds a unique, exotic, spicy flavour to dishes. Turmeric contains secondary colourants and phytochemicals (curcuminoids), which are responsible, among other things, for the intense orange-yellow colour of the root. Choline is a fat-like, vital nutrient that is only produced to a small extent in the body itself and can hardly be stored. Choline is proven to contribute towards a normal lipometabolism.

Ingredients:

Extract of *Curcuma longa* (26 %), *Curcuma longa* powder (24 %), Gelatine, Choline Bitartrate, separating agent Magnesium Stearat, bulking agents Microcrystalline Cellulose, Corn Starch.

Each capsule contains 180 mg extract of *curcuma longa* 170 mg *curcuma longa* powder as well as 83 mg choline.

	per capsule (=daily dose)	per 100 g capsules
Extract of <i>Curcuma longa</i>	180 mg	26 g
<i>Curcuma longa</i> powder	170 mg	24 g
which of Curcuminoids	180 mg	26 g
Choline	83 mg	12 g

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

Recommended use:

Swallow 1 capsule per day after a meal with sufficient liquid.

Not suitable for pregnant and breastfeeding women, children and teenagers.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Contents 90 capsules = 62 g

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