

# Turmeric Forte

Standardised for Bioavailable Curcumin\*



**Turmeric Forte** contains the curcuminoids-galactomannan complex, a combination of Fenugreek seed dietary fibre and Turmeric rhizome extract to enhance absorption\* and improve bioavailability of curcuminoids, the active constituents of Turmeric.

**Each tablet contains:**

Medicinal Ingredients:	Quantity Per Tablet:
Curcuminoids-galactomannan complex from <i>Curcuma longa</i> rhizome and <i>Trigonella foenum-graecum</i> seed	270 mg (33% Curcumin)

**Dosage and Administration**

**Adults:** Take 1 tablet 2 times daily. Consult a health care practitioner for use beyond 4 weeks.

**Indication:**

- Provides antioxidants for the maintenance of good health.

**Additional Therapies:**

- Boswellia Complex tablets
- LivCo® tablets
- DiGest Forte tablets
- Vitanox® tablets
- Horsechestnut Complex tablets

**Contraindications and Cautions:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking antiplatelet medication or blood thinners. Consult a health care practitioner prior to use if you have gallstones, stomach ulcers, excess stomach acid or a bile duct obstruction.

**60 Tablets**

\*Contains dietary ingredient (curcuminoids-galactomannan complex), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.

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