

Increased Bioavailability⁺

With Free Curcumin

Traditional curcumin is known to have low bioavailability.¹ Low bioavailability is partly due to poor absorption, rapid metabolism and rapid clearance from the body.¹ This means when non-bioavailable curcumin is swallowed, either as Turmeric rhizome or isolated (unformulated) curcumin, a lot of it is not used by the body.

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 formulation compared to “unformulated” curcumin. MediHerb have chosen specialized plant-sourced bioavailability technology that provides “free curcumin” helping you support your patients. The absorption and bioavailability of the “curcumin”-fenugreek fibre extracted formulation has been compared to unformulated “curcumin” in several clinical studies.


- In a clinical study, the curcumin-fenugreek fibre extracted formulation had **24.8 TIMES** the bioavailability of an equivalent amount of unformulated curcuminoids.³


✓ What does this mean?

This means that by taking curcuminoids in the form where it is combined with the Fenugreek fibre, more curcuminoids make it into the blood. Often, this allows for a smaller dose of curcuminoids to be taken.

⁺Contains dietary ingredient (curcuminoids-galactomannan complex), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.³

 **Clinically-trialled** ingredient

 Plant-sourced bioavailable curcumin **24.8 times** better absorption

 Extracted **without** the use of harsh, **toxic solvents**

 Manufactured to pharmaceutical **GMP standards**



Turmeric (*Curcuma longa*)

MEDI  HERB®

The Quality Choice for Practitioners

Over 30 years of experience in natural health care

For over 30 years, MediHerb has provided health care professionals with high-quality herbal products. Our own primary research, clinical experience and respect for traditional evidence defines our approach to innovation – tried, tested, trusted and true.

Manufactured to pharmaceutical GMP standards

All MediHerb products are manufactured under pharmaceutical GMP and subject to our rigorous and specialised testing to ensure they contain what is on the label for suitable clinical results batch after batch. We’ve invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb product is of the highest quality and consistent potency.

Results-driven formulations

Standardised ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb formulas retain potency and deliver suitable doses throughout their shelf life. Our labels state exactly how much each product contains of the important plant constituents, so you know exactly what you are prescribing to your patients and can rest assured that our formulations are produced at suitable doses.

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MEDI  HERB®

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MEDI  HERB®

Turmeric Forte

Standardised for Bioavailable Curcumin⁺



Plant-sourced bioavailable curcumin  **24.8 times** better absorption

✓ Clinically-trialled ingredient

✓ Multi-action support

¹ Anand P, Kunnumakkara AB, Newman RA et al. Mol Pharm 2007; 4(6): 807-818

² Krishnakumar IM, Ravi A, Kumar D et al. J Funct Foods 2012; 4(1): 348-357

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

MediHerb® Turmeric Forte

Standardised for Bioavailable Curcumin⁺

MediHerb® Turmeric Forte is a combination of Fenugreek seed dietary fibre and Turmeric rhizome extract which work together to provide antioxidants for the maintenance of good health.

Why use MediHerb® Turmeric Forte?

- ✓ Contains clinically tested active ingredient (formulation of curcumin with Fenugreek dietary fibre) which has shown that the relative absorption of curcuminoids had **24.8 TIMES** the bioavailability of an equivalent amount of unformulated curcuminoids.³
- ✓ Multi-Action Formula – MediHerb Turmeric Forte provides increased scope for health care professionals and can be prescribed in conjunction with existing protocols.
- ✓ Standardized MediHerb Specifications For Bioavailable Curcumin – Stringent testing processes ensure the total curcuminoids are retained in the product throughout manufacture.
- ✓ MediHerb Manufacturing Expertise – manufactured in Australia to pharmaceutical GMP standards.
- ✓ Provides “Free Curcumin” – bioavailable form of curcumin helping you support your patients.
- ✓ Plant-Sourced Bioavailability Technology – MediHerb Turmeric Forte uses a plant-sourced bioavailable form of curcumin by combining Turmeric rhizome with Fenugreek seed extract.
- ✓ GMO Free

Each tablet contains:	
Medicinal Ingredients:	Dried Herb Equivalent (DHE):
Curcuminoids-galactomannan complex from <i>Curcuma longa</i> rhizome and <i>Trigonella foenum-graecum</i> seed	270 mg (33% Curcumin)

⁺Please note these claims are based on the best of our knowledge from the information received from our raw material suppliers. These products may be manufactured or packed in a facility that also manufactures/packs products that contain gluten, dairy, corn and animal products.



Dosage and Administration:

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

Additional Therapy

- **Inflammation** - combine with **Boswellia Complex** tablets to provide temporary relief of the pain and inflammation of arthritis, osteoarthritis and rheumatism.
- **Liver Support** - combine with **LivCo®** tablets to help relieve digestive disturbances/dyspepsia and as a liver protectant.
- **Antioxidant Activity** - combine with **Vitanox®** tablets for additional antioxidant activity.
- **Digestive Function** - combine with **DiGest Forte** tablets to help support digestive health.
- **Venous Support** - consider **Horsechestnut Complex** tablets to help treat chronic venous insufficiency and associated symptoms and to help treat varicose veins.

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.

Turmeric Explained

History of Turmeric

The rhizome of *Curcuma longa* (Turmeric) has been used for thousands of years as a spice and in Ayurveda tradition.

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

Curcumin is the active component of the rhizome of Turmeric and is often used as shorthand for the total curcuminoids, namely curcumin, demethoxycurcumin and bisdemethoxycurcumin.



We have known since the 1980s that curcumin has poor bioavailability whether taken as food or as a standardised extract. The poor oral bioavailability of curcumin has been regarded as a key factor limiting its use as an efficient natural supplement, despite the numerous health benefits associated with it.

MediHerb Turmeric Forte is a curcuminoids-galactomannan complex of Fenugreek seed and Turmeric rhizome which has been standardised to deliver 33% of bioavailable curcumin* so it may be easier to absorb and allows patients to take fewer tablets and get the desired outcome.

Complementary Products

for better patient outcomes:

MediHerb Turmeric Forte can be prescribed as additional support with other MediHerb products to support patient health and wellbeing.

Each patient's individual needs should be evaluated before making recommendations.

Antioxidant Activity Vitanox®

1 tablet 1-2 times daily,
or as directed
For additional antioxidant activity*

Liver Support LivCo®

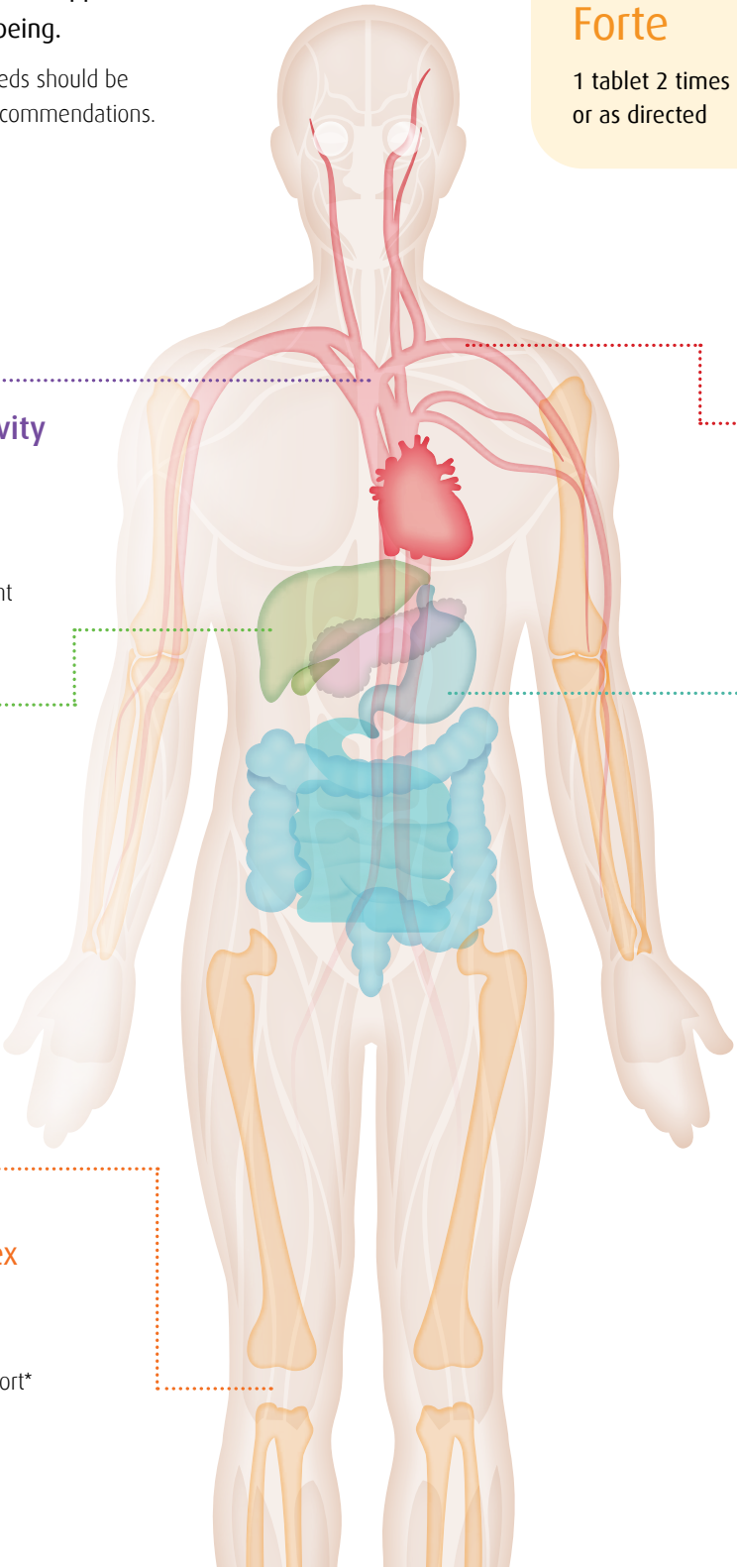
1 tablet 3-4 times daily,
or as directed
To support healthy liver function*

Joint Support Boswellia Complex

1 tablet 2-4 times daily,
or as directed
For additional joint support*

MediHerb® Turmeric Forte

1 tablet 2 times daily,
or as directed



Circulation Support Horsechestnut Complex

1 tablet 2-3 times daily,
or as directed
To support healthy
peripheral circulation*

Digestive Support DiGest Forte

1 tablet 3 times daily,
or as directed
Used traditionally to support
healthy digestion and
intestinal function*