

## Ayur-Curcumin

### DESCRIPTION

Ayur-Curcumin, provided by Douglas Laboratories, supplies 300 mg of turmeric in each capsule.

### FUNCTIONS

Turmeric (*Curcuma longa*) is a traditional spice and herb used in India. Its bright yellow-orange color is recognizable in many Indian food dishes. Traditionally, Ayurvedic medicine has used turmeric to support proper ocular and gastrointestinal function. Studies have shown that curcumin, a naturally occurring biologically active group of compounds from turmeric, can function as efficient antioxidants and can help regulate the body's normal response. Turmeric's powerful antioxidant properties are also thought to play a role in supporting neurological and cardiovascular function.

### INDICATIONS

Ayur-Curcumin may be a useful dietary adjunct for individuals wishing to supplement with turmeric.

### FORMULA (#7683)

1 Capsule Contains:

Turmeric..... 300 mg  
(standardized to 90% curcuminoids)

### SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Moga MM. Alternative treatment of gallbladder disease. *Med Hypotheses*. 2003 Jan;60(1):143-7.  
Phan TT, See P, Lee ST, Chan SY. Protective effects of curcumin against oxidative damage on skin cells in vitro: its implication for wound healing. *J Trauma*. 2001 Nov;51(5):927-31.  
Prucksunand C, Indrasukhsri B, Leethochawalit M, Hungspreugs K. Phase II clinical trial on effect of the long turmeric (*Curcuma longa* Linn) on healing of peptic ulcer. *Southeast Asian J Trop Med Public Health*. 2001 Mar;32(1):208-15.  
Rao, TS, et al. Anti-inflammatory activity of curcumin analogues. *Ind J Med Res*.,75:574-578.  
Surh YJ. Anti-tumor promoting potential of selected spice ingredients with antioxidative and anti-inflammatory activities: a short review. *Food Chem Toxicol*. 2002 Aug;40(8):1091-7

**For more information on Ayur-Curcumin visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Your patients trust you.**