



Ingredients:

Dried / Ground Turmeric Root , Peppercorn, and Ginger Root inside 100% plant-derived vegetable capsules: HPMC, hydroxy, propyl, methyl, cellulose, and purified water (HPMC is a wood pulp derived from the softwood tree species including pine and spruce)

**Recommended Serving:
2 Capsules Per Day**

Product Summary

Osteoarthritis is the most common articular disease that can lead to chronic pain and severe disability. Curcumin, an effective ingredient in turmeric with anti-inflammatory property, plays an important role in protecting the joints against destructive factors. Gingerols and piperine, are the effective ingredients of ginger and black pepper, which may potentially enhance and sustain the effect of curcumin in this direction.

Research:

<https://pubmed.ncbi.nlm.nih.gov/32180294/>

Responsible Cautions

- ▶▶ Keep out of reach of children and pets.
- ▶▶ If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

Ingredient Highlights

Ginger:

Ginger is known for its anti-inflammatory effects and may help alleviate nausea and digestive issues. Contains antioxidant, antimicrobial, antidepressant, and gastro-protective anti-inflammatory, anti-nausea, and anticancer properties and synergistic interactive properties with some drugs and nutrients.

Research

<https://pubmed.ncbi.nlm.nih.gov/?term=ginger>

Turmeric:

Turmeric is known for its anti-inflammatory properties and may help reduce joint pain and inflammation. Contains antioxidant, anti-inflammatory, neuroprotective, hepatoprotective, cardioprotective, anti-aging, anticancer, antirheumatic, antimicrobial, anti-aging, anticancer, antirheumatic, and antimicrobial properties.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=turmeric+and+inflammation>

Peppercorn:

Black pepper contains piperine, which can enhance the absorption of curcumin, the active ingredient in turmeric. Contains antioxidant, antimicrobial, anti-inflammatory, gastro-protective, and antidepressant properties.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=black+pepper>