



Quality is our Passion

Passion Flower (*Passiflora incarnata*)

Turmeric Forte: Curcumin Your Body Can Really Use

This tablet contains a proprietary formulation made up of standardized extract of the rhizome of Turmeric (*Curcuma longa*) combined with the soluble fiber derived from Fenugreek seed (*Trigonella foenum-graecum*) extract.

The inside of the rhizome of Turmeric is an intense yellow color. The pigments responsible for the color (curcumin, demethoxycurcumin, bisdemethoxycurcumin) are some of the important constituents in Turmeric.¹ "Curcumin" is often used as shorthand for the total curcuminoids, namely curcumin, demethoxycurcumin and bisdemethoxycurcumin. Usually curcumin is the majority component.

The use of Turmeric dates back nearly 4,000 years in India, where it was used as a culinary spice and for religious ceremonies. It provides curry with its distinctive yellow color and flavor, and is eaten in many countries as a fresh pickle.² Turmeric is used in many traditional herbal systems, especially, for example, to help digestion and cleanse the blood.^{2*}

Curcumin: An Absorption Problem

The extent to which a compound is absorbed and becomes available to body tissues (and therefore is used by the body) is called bioavailability, also known as biological availability. The bioavailability of a substance depends on how well it is absorbed, and how much is processed by the body's enzymes and chemical reactions (metabolism).*

Curcumin is known to have low bioavailability.³ In volunteers and patients who swallowed curcumin or curcuminoids, only a very small amount, if any, made it into the blood and tissues.^{3,4} The low bioavailability is at least partly due to poor absorption, rapid metabolism and rapid clearance from the body.³ This means when curcumin is swallowed, either as Turmeric rhizome or isolated (unformulated) curcumin, a lot of it is not used by the body.*

Increased Bioavailability

Methods to improve the bioavailability have been developed. One such formulation consists of curcumin/curcuminoids impregnated in soluble fiber derived from extract of fenugreek seed (a spice).*

The absorption and bioavailability of the "curcumin"-fenugreek fiber extracted formulation has been compared to unformulated "curcumin" in several studies with healthy volunteers.^{5,6,7} Fifty healthy volunteers randomly received a single dose of unformulated curcuminoids or a dose of curcumin-fenugreek fiber extracted formulation. After at least 10 days they received the other treatment. The amount of curcuminoids in their blood plasma was measured over time. At a dose of 1000 mg, the curcumin-fenugreek fiber extracted formulation had 45.6 times the bioavailability of an equivalent amount of unformulated curcuminoids (391 mg). At a dose of 250 mg, the curcumin-fenugreek fiber extracted formulation had 24.8 times the bioavailability of an equivalent amount of unformulated curcuminoids (97.7 mg).⁶ The increase in bioavailability was also shown in a study where the curcumin-fenugreek fiber extracted formulation was taken daily for 30 days.⁷ This means that by taking curcuminoids in the form where it is combined with the fenugreek fiber, more curcuminoids make it into the blood. Often, this allows for a smaller dose of curcuminoids to be taken.*

The curcumin-fenugreek fiber extracted formulation described here and on the following page is very similar to that in Turmeric Forte.

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	60	
Amount per Serving		%DV
Calories	2	
Fenugreek seed 5.5:1 extract	131.4 mg	†
from <i>Trigonella foenum-graecum</i> seed 722.7 mg		
Turmeric rhizome 55:1 extract	115.6 mg	†
from <i>Curcuma longa</i> rhizome 6.35 g		
Containing curcuminoids 100 mg		
Containing curcumin 81.5 mg		
† Daily Value (DV) not established.		

Other ingredients: Cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silica, hypromellose and calcium phosphate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. For other contraindications and cautions consult your health care professional.

Product No	Content
M1448	60 Tablets



Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Some Clinical Studies

Employed, healthy volunteers found that curcumin-fenugreek fiber extracted formulation had a greater effect than unformulated curcumin or placebo on quality of life and fatigue. The curcumin-fenugreek fiber extracted formulation (1000 mg/day, providing 391 mg/day of curcuminoids) also supported healthy mental function and had a calming effect on the nerves.^{7*}

Preliminary results from a placebo-controlled study found that curcumin-fenugreek fiber extracted formulation may have improved an aspect of cardiovascular health in a subset of young, healthy, obese men. The formulation (500 mg/day, providing 193 mg/day of curcuminoids and taken for 12 weeks) may have done this by supporting the integrity of the arteries.*

How Turmeric Forte Keeps You Healthy

Traditionally used to support healthy joints

Turmeric rhizome has been traditionally used to support healthy joints.^{9,10,11*}

Supports the body's normal detoxification and antioxidant processes

A clinical trial involving healthy volunteers found that curcumin-fenugreek fiber extracted formulation (1000 mg/day, providing 391 mg/day of curcuminoids) may help harness the body's normal detoxification processes. Taken for 30 days, there were significant increases in the blood of the enzymes that perform this function. In addition, antioxidant activity was observed. These effects were greater in the curcumin-fenugreek fiber extracted formulation group than in those receiving unformulated curcumin or placebo.^{7*}

What Makes Turmeric Forte Unique

Turmeric Forte is unique in the professional herbal products industry because:

- It delivers bioavailable, complex curcumin from a plant source
 - It contains a formulation of curcuminoids from Turmeric rhizome combined with soluble fiber derived from Fenugreek seed which was found in clinical studies to have enhanced bioavailability of curcuminoids compared to unformulated curcumin^{5,6,7}
- Unlike some products on the market, it contains a Turmeric extract manufactured using the traditional solvents ethanol and water which allow for broader extraction

Unique Manufacture & Analytical Testing

Quality and safety ensured by quality systems, unique manufacture and analytical testing

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, for example, the quantity of total curcuminoids in standardized Turmeric extract is initially measured using high performance liquid chromatography and regularly monitored

References

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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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