

Curcuma-Komplex

Content

60 Piece / Capsules
PZN 5378772
RRP 29,90 €

Recommended intake

2 capsules / day

without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

The natural multi-talent.

Burgerstein Curcuma Complex contains a high-quality turmeric extract produced with a special technology as well as a rosemary extract and all natural forms of vitamin E.

The turmeric (*Curcuma Longa*), which comes from the ginger family, is much more than just a spice plant. The intensely yellow coloured turmeric powder is commonly known as one of the main ingredients of curry. The dried and powdered *Curcuma Longa* root with curcumin as an important ingredient gives curry its characteristic colour. Native to India and Southeast Asia, turmeric has been used therapeutically in traditional Chinese and Indian medicine for over 4000 years. Today, India is still the leader in the cultivation of turmeric and produces about 80 % of the world's harvest.

In our country, the diverse talents of turmeric extracts have only become better known in recent years. The wide range of different dosage forms and the often low bioavailability are repeatedly criticized. It is therefore very important to pay close attention to the choice of turmeric extract when buying a food supplement with turmeric.

The product is suitable for vegans and vegetarians.

Curcuma complex supports...

- ... actively supports the organism in all important processes
- ... with high bioavailability and tolerability
- ... with many valuable secondary plant substances, so-called curcuminoids
- ... the normal function of the skin
- ... the normal function of the immune and cardiovascular systems
- ... the general well-being
- ... as a natural therapeutic supplement for many common diseases

Curcumin belongs to the secondary plant substances, more precisely to the polyphenols. Secondary plant substances are formed by plants in addition to vital substances. Many of them have health-promoting effects on the body.

Curcumin is the colouring agent of the turmeric root, also called turmeric (*Curcuma Longa*), which is where it gets its name. It is a natural substance, but can also be produced synthetically. Curcumin is poorly soluble in water, but fat-soluble. Curcumin is sensitive to light, so spices containing curcuma should always be stored in the dark.

In which foods is turmeric found?

Curcumin is one of the ingredients of the turmeric root used as a spice. Turmeric contains an average of just under 3 percent curcumin. Curcumin can be used to naturally colour food, for example baked goods, mustard or mashed potatoes. It is therefore also used as a food additive under the name E100.

In addition, turmeric is contained in curry powder or other spice mixtures from Asian cuisine. However, the curcumin content in curry powder is very low and varies greatly.



| Nutritional values | Per daily portion (2 capsules) | NRV* |
|---------------------------------|--------------------------------|------|
| Vitamin E complex | 12,50 mg | - |
| thereof Vitamin E | 5,00 mg | 42% |
| Turmeric root extract (Cureit®) | 250,00 mg | - |
| thereof curcuminoids | 112,00 mg | - |
| Rosemary extract | 50,00 mg | - |

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)