



DIRECTIONS: Take 1 tablet daily. If necessary, a second tablet can be taken or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

CAUTION: Do not take if pregnant or breast feeding.

INGREDIENTS: Turmeric Root Extract, DiCalcium Phosphate, Calcium Carbonate, Microcrystalline Cellulose, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), (Tablet Coating (Hydroxypropyl Methylcellulose, Glycerine), Stearic Acid.

- V Suitable for vegetarians
- V Suitable for vegans

KEEP AWAY FROM CHILDREN

PRODUCT INFORMATION

Typically per tablet:

Turmeric Spice 10,000mg (as 500mg of turmeric root extract) providing 95% curcumins.

The key active constituent in turmeric is curcumin which is found within the root of the plant.

Lamberts® Turmeric extract is a high potency root extract standardised to provide 95% curcumins, which is the level generally used in studies. It can safely be taken alongside products such as glucosamine sulphate and fish oils as well as a multi-vitamin and mineral product.

Naturally speckled tablet, therefore variation may occur.

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TO BE TAKEN ON THE ADVICE OF A PRACTITIONER OR PHARMACIST ONLY