

TRAUMERIC



RECOMMENDED USE

- Helps in wound healing
- Helps in connective tissue formation
- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Used in Herbal Medicine to help relieve joint inflammation

MUSCULOSKELETAL HEALTH

Traumeric is specifically formulated to help relieve joint inflammation (based on Herbal Medicine) and support musculoskeletal health.

Overview

Inflammation is a natural part of the body's immune response, a cascade triggered to protect the body and help in wound healing. This physiological response is part of the innate immune system, a first line of defense made up of the cells and mechanisms that defend against unwanted organisms in a non-specific manner.

Curcumin

Turmeric is a bright-orange-colored spice that has been used for thousands of years in cooking and medicine. The active ingredient in turmeric, curcumin, is an antioxidant that helps maintain normal inflammatory balance and aids in connective tissue formation. Curcumin is used in Herbal Medicine to help relieve joint inflammation.¹⁻²

Recommended Dose

Adults: When used for non-joint-inflammation-relief claims: Take 1 capsule twice daily per day with food/meal. When Used in Herbal Medicine to help relieve joint inflammation: Take 2 capsules, 3 times per day with food/meal. For use beyond 6 weeks, consult a health care practitioner.

Medicinal Ingredients (per capsule)

Curcumin (<i>Curcuma longa</i> - Rhizome).....	231 mg
Bromelain (Stem bromelain, <i>Ananas comosus var. comosus</i> - Stem).....	120 mg (4 320 000 FCC PU)
Rutin (<i>Styphnolobium japonicum</i> - Flower bud).....	25 mg
Quercetin (Quercetin dihydrate).....	107 mg
Vitamin C (L-Ascorbic acid, Ascorbic acid).....	15 mg

Non-Medicinal Ingredients

Hypromellose, Stearic acid, Silicon dioxide, Magnesium stearate, Carboxymethylcellulose sodium.

Risk Information

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have a gastrointestinal lesion/stomach ulcers/excess stomach acids, have gallstones or a bile duct obstruction, are taking an anticoagulant/ blood thinner/ antiplatelet medications, anti-inflammatory or antibiotic, or are having surgery. Hypersensitivity/allergy, nausea, vomiting, and diarrhoea have been known to occur; in which case, discontinue use (and consult a health care practitioner). **For joint inflammation:** Consult a health care practitioner if joint inflammation symptoms worsen.

Store in a light-resistant container.

To be sure this product is right for you always read and follow the label.

References

1. Boon H, Smith M. 2004. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs. Toronto (ON): Robert Rose Inc.
2. Deodhar SD, Sethi R, Srimal RC. 1980. Preliminary studies on antirheumatic activity of curcumin (di-feruloyl methane). *Indian Journal of Medical Research* 71:632-634.
3. Bito T, Roy S, Sen CK, et al. Flavonoids differentially regulate IFN gamma induced ICAM-1 expression in human keratinocytes: molecular mechanisms of action. *FEBS Lett* 2002 Jun 5;520(1-3):145-52.