

SUGGESTED USE Consume one capsule daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



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*Purity. Quality. Integrity.
Effectiveness.*

Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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LABORATORIES

TURMERIC 200 GINGER ROOT 200

TURMERIC ROOT AND GINGER ROOT EXTRACTS
SOOTHING RELIEF FOR JOINTS AND DIGESTION



DIETARY SUPPLEMENT



240 Easy-to-Swallow Capsules

Andrew Lessman's TURMERIC 200 GINGER ROOT 200 combines extracts of two related plants that offer natural soothing relief for our joints and digestive system. **Turmeric** is a centuries old traditional medicine that is also the popular spice in Indian curry. Experts now recognize the science behind **Turmeric's** soothing role in joint and digestive health; however, scientists also concede that delivering **Turmeric's** benefits in a health supplement is very difficult. As a spice, flavor is all we seek, but in a supplement, we must ensure the delivery of **Turmeric's** protective compounds – **Curcuminoids**. We accomplish this by complexing our **Turmeric** with **PC (Phosphatidylcholine)** – the most important phospholipid in our liver and brain. This unique complex protects the **Curcuminoids** from digestive damage and excretion while enhancing their availability. Like **Turmeric**, **Ginger Root** has also been used for centuries throughout Asia as a traditional medicine and popular spice. **Ginger** was among the first spices brought to the New World and has long been recommended for its natural soothing relief for overworked joints or an upset stomach. Unlike typical **Ginger** products that are simply spice in a bottle, our **Ginger** is extracted from the root and standardized to provide high levels of **Gingerols**. In short, whether it's your joints or digestive system you seek to soothe, our **Turmeric** and **Ginger Root** extracts offer unparalleled natural relief.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		Serving Size 1 Capsule Servings Per Container 240	
Amount Per Serving			%DV*
Vitamin C (as ascorbyl palmitate/calcium ascorbate)		30 mg	33%
Ginger, extract/powder (root) standardized to 5% gingerols/1.5% volatile oil		200 mg	†
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)		200 mg	†
Total Curcuminoids	75 mg		†
Total Phospholipids	35 mg		†
* %DV are based on a 2,000 calorie diet.		† DV not established.	

Other Ingredients: Natural plant cellulose (acid resistant) vegetarian capsule.