

Formulated for the healthy
way of life experts at
Life Time Fitness.

Life Time Fitness Curcumin 500
helps maintain the body's
normal inflammatory response,
reduces post-workout soreness,
and is 29 times more absorbable
than regular curcumin.*

Recommended Use:

Take 1-2 capsules 2 times
daily or as recommended by
your health-care professional.



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NPPA143649 300cc

Manufactured By:
Thorne Research, Inc.
Formulated For:
Life Time Fitness, Inc.
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LTFL2755
LTFL275501

LIFETIME
FITNESS

FOUNDATION

CURCUMIN 500

Inflammatory response maintenance*

120 capsules
supports a normal
inflammatory response*
dietary supplement

SUPPLEMENT FACTS

Serving Size: Two Capsules
Servings Per Container: 60

Two Capsules Contain:	%DV
Curcumin Phytosome† (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex)	1 g *

*Daily Value (DV) not established

OTHER INGREDIENTS: Hypromellose (derived from
cellulose) capsule, Leucine, Calcium Citrate/Laurate,
Silicon Dioxide, Microcrystalline Cellulose.

Contains ingredient derived from soy (phytosome).

†This product uses Indena S.p.A.'s curcumin
phytosome (Meriva®). Meriva is a registered trademark
of Indena S.p.A.

ALLERGY WARNING: This product is contraindicated in
an individual with a history of hypersensitivity to any of
its ingredients.

Curcumin 500 contains curcumin phytosome – a plant
extract complexed with phosphatidylcholine, which is
derived from soy. Phosphatidylcholine contains no soy
protein. There are no other soy-based ingredients
in Curcumin 500.

If pregnant, consult your health-care practitioner before
using this product.

TAMPER EVIDENT: Use only if bottle is sealed.
Store tightly sealed in a cool, dry place.

*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.

TO REORDER shop.lifetimefitness.com

INTERACTIONS: Curcumin has been shown to reduce the therapeutic efficacy of cyclophosphamide (Cytosan) in
animal studies. *In vitro* research revealed that curcumin decreased camptothecin-induced death of cultured breast
cancer cells. Curcumin might also interfere with the absorption and efficacy of the chemotherapy drug irinotecan, used
to treat colon cancer. The concurrent use of curcumin with these agents should be avoided.



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