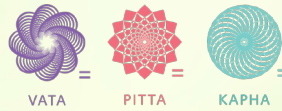




HERBAL INFORMATION SHEET

Turmeric Formula

JOINT MOBILITY AND SUPPORT



"If I had only one single herb to depend upon for all possible health and dietary needs, I would without much hesitation choose Turmeric."

-Dr. David Frawley, Founder of the American Institute for Vedic Studies

Turmeric, respected in the Vedic tradition and revered by herbalists, is gaining a reputation to be the single most important herb for many health and dietary needs. As one of the most studied botanicals in modern science, Turmeric has been shown to help maintain a healthy immune response. Turmeric's many uses also include support of digestive function, and promotion of heart, muscle, and joint health.*

Each capsule of our **Turmeric Formula** contains whole, organic Turmeric root that imparts the vitality and energy of this herb in its most natural form. We also include Turmeric extract, standardized to 95% curcuminoids, in our **Turmeric Formula**. Curcumin is one of the many antioxidant-rich compounds found in Turmeric and has proven itself an effective ally in supporting healthy joint mobility. To support assimilation and bioavailability, we add whole, organic Ginger to each capsule.*

COMMON NAME	AYURVEDIC NAME	LATIN NAME
Turmeric	Haldi, Haridra	<i>Curcuma longa</i>
Ginger	Shunthi	<i>Zingiber officinale</i>

TRADITION:

In Ayurveda, Turmeric is treasured as a purifying tonic that supports overall wellbeing and vitality, while purifying the body's nonphysical energy centers, called chakras. Turmeric is also an essential spice, widely used throughout Asian cuisine, which lends curry dishes their characteristic flavor and coloring. Turmeric is a key ingredient in kitcheree, a staple dish for those who are cleansing per Ayurvedic protocols. This golden root also plays an important role in marriage ceremonies in many parts of the Asian continent, being one ingredient in ubtan, a paste applied to protect and beautify the skin of the bride and groom before their marriage ceremony.*

For free online classes and more information about all of our herbs:

<https://us.organicindia.com/education/> [organicindia.com](https://us.organicindia.com/)

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



100% CERTIFIED ORGANIC HERBS • NON GMO PROJECT VERIFIED • GLUTEN FREE • VEGETARIAN • KOSHER • HALAL

The
POWER
of **REGENERATION**

Regenerative agriculture protects and restores the earth. Our farming practices incorporate comprehensive soil fertility management, crop rotation, composting, seed collection and planting and harvesting with lunar cycles. Regeneration doesn't stop with the land; we are regenerating communities through social programs, access to clean water, health care, and job skill trainings that empower and support some of India's most at-risk populations: women, widows, the elderly and illiterate.

Respecting
WHOLE HERB
INTELLIGENCE

We respect the intelligence of nature and keep our herbal formulas as close to their original form as possible. The compounds and microbial diversity maintained in minimally processed whole herbs provide the full spectrum of each herb's intelligence and effectiveness. We view every part of an herb as a valuable energetic gift that is magnified when taken as a whole.

Proud to be a
CERTIFIED
B CORPORATION

As a Certified B Corp, ORGANIC INDIA meets the highest standards of overall social and environmental performance, transparency, and accountability. We aspire to use the power of business to solve social and environmental problems. Consistent with our founding principles, the B Corp movement allows us to benchmark our performance against other sustainable businesses and identify areas where our business can have an even bigger impact. The B Corp Movement is putting theory into action by setting an objective standard for social and environmental performance, accountability, and transparency.



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At the heart of ORGANIC INDIA is our commitment to be a Living Embodiment of Love and Consciousness in Action.