

Curcumin 95

Potent high strength curcumin extract (95% curcuminoids), with ginger and black pepper (95% piperine) extracts.

Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What Curcumin 95 is and what it is used for
2. What you need to know before you take Curcumin 95
3. How to take Curcumin 95
4. Possible side effects
5. How to store Curcumin 95
6. Contents of the pack and other Information

1. What Curcumin 95 is and what it is used for

Curcumin 95 is a blend of potent high strength curcumin extract (95% curcuminoids), with ginger and black pepper (95% piperine) extracts which shows anti-inflammatory, antioxidant, and anti-aging effects.

The antioxidants in curcumin 95 help boost skin from within and fight signs of aging. Curcumin 95 encourages pro-immune activities by suppressing the activity of pro-inflammatory mediators. It can also reduce the amount of active free radicals in the body, which helps boost immunity.

2. What you need to know before you take Curcumin 95

Do not take Curcumin 95:

- if you are allergic to any of the ingredients in the formulation.

Warnings and precautions

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking Curcumin 95.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and Curcumin 95

- Do not take this product if you are taking antiplatelet medication or blood thinners.
- Consult a relevant health care provider prior to use if you have gallstones or a bile duct obstruction; or have stomach ulcers or excess stomach acid.
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as Curcumin 95.

Pregnancy and breast-feeding

If you are pregnant or breast feeding your baby, please consult your health care provider for advice before taking this medicine. Safety in pregnancy and when breast-feeding has not been established.

Driving and using machines

This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

3. How to take Curcumin 95

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Adult: 1 Capsule daily after food with a full glass of water or as directed by Physician.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more Curcumin 95 than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take Curcumin 95

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all supplements, Curcumin 95 can cause side effects, although not everybody gets them.

Adverse reactions to Curcumin 95 are uncommon. Possible adverse reactions may include:

- Gastrointestinal and include constipation, dyspepsia, diarrhoea, distension, gastroesophageal reflux, nausea, vomiting, yellow stool and stomach ache.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

5. How to store Curcumin 95

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Curcumin 95 contains

- Curcumin Extract (95% Curcuminoids), Black Pepper Extract (95% Piperine) and Ginger Extract (5%).

What Curcumin 95 looks like and contents of the pack

Pack sizes: 60 Capsules.

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References

1. <https://www.nutritechfit.com/wp-content/uploads/2021/11/Turmeric-Curcumin-PIL.pdf>
2. <https://purenutrition.in/products/curcumin-plus-with-black-pepper-bottle-of-30-capsules>
3. <https://www.kairaliproducs.in/turmeric-capsules-500mg-for-healthy-joints-digestion-and-diabetes.html>
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