



NATURE'S SUNSHINE

Turmeric Curcumin (Formerly CurcuminBP)

Non-GMO

GOOD FOR

Joints

Immune System

Brain

SIZE **60 caps**ITEM # **238**SERVING **2**SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 VegCaps daily.

— How the Key Ingredients Work

Turmeric Curcumin pairs the time-honored power of turmeric root with concentrated curcumin and black pepper extract so your body gets more of what it needs — then adds calcium to round out everyday wellness support.

Turmeric Root — Turmeric has been treasured in Ayurvedic and Traditional Chinese Medicine for centuries, and modern research is catching up to why. This golden root supports a comfortable digestive system, helps the body manage everyday inflammation, and brings natural antioxidant activity that helps protect cells from daily wear and tear.

Curcumin — Curcumin is the bright-yellow compound that gives turmeric its color and much of its power. Studies show it helps support a healthy gut, eases occasional abdominal discomfort, and delivers meaningful antioxidant protection — raising the body's own defenses against the free radicals we encounter every day.

Black Pepper Extract (Piperine) — Here's the secret that makes this formula shine: piperine, the active compound in black pepper, dramatically improves how well your body absorbs curcumin. Without it, curcumin passes through quickly. With it, your body gets to put far more of that golden goodness to work where it matters most.

Calcium — Calcium is the body's most abundant mineral, and nearly all of it lives in your bones and teeth. This essential nutrient supports strong, dense bones throughout life, helps muscles contract properly, and plays a quiet but critical role in everyday nerve signaling — making it a smart addition to any daily wellness routine.

Turmeric & Digestive Comfort — Turmeric has a long history of use for settling the stomach, and clinical research backs that tradition up. Studies in people with functional digestive complaints found that curcumin from turmeric helped reduce heartburn-related discomfort and dyspepsia scores — results comparable to common over-the-counter approaches in one notable trial.

Curcumin & Gut Health — Your gut does a lot of heavy lifting every day, and curcumin is a natural ally for keeping it comfortable. Research including a 2024 observational study found that curcumin supplementation helped reduce IBS-related symptoms, supporting a calmer, more balanced digestive environment through its gentle anti-inflammatory and microbiome-friendly properties.

Turmeric & Skin Wellness — Turmeric's natural antibacterial and anti-inflammatory qualities extend beyond the gut. Research has evaluated turmeric preparations for their role in supporting clearer, calmer skin — including a 2022 systematic review covering 34 clinical trials that included turmeric among the herbal approaches studied for common skin concerns.

Curcumin & Antioxidant Defense — Free radicals are unstable molecules that can build up from stress, pollution, and everyday life. Curcumin has been shown in multiple human clinical trials to measurably raise the body's total antioxidant capacity and support key protective compounds — essentially helping your cells stay better shielded against oxidative stress over time.

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