

**DIRECTIONS:** Men aged 18+ - take 1 tablet daily with a meal.  
Women aged 50+ - take 1 tablet daily with a meal.  
Do not exceed recommended daily dose. For short term use only.  
Food supplements should not replace a balanced diet and healthy lifestyle.

**CAUTION:** Do not take if trying to conceive, pregnant or breast feeding.  
Not suitable for women under the age of 50 (child bearing age).

**INGREDIENTS:** Turmeric (*Curcuma longa*) Root Extract, DiCalcium Phosphate, Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), (Tablet Coating (Hydroxypropyl Methylcellulose, Glycerine), Stearic Acid.

#### PRODUCT INFORMATION

##### Typically per tablet:

Turmeric Spice	20,000mg
(as 500mg of turmeric root extract)	
providing 95% curcuminoids	

The key active constituent in turmeric is curcumin which is found within the root of the plant.

Lamberts® Turmeric extract is a high potency root extract standardised to provide 95% curcuminoids, which is the level generally used in studies. It can safely be taken alongside products such as glucosamine sulphate and fish oils as well as a multi-vitamin and mineral product.

Naturally speckled tablet, therefore variation may occur.

✓ Suitable for vegetarians

✓ Suitable for vegans

**KEEP AWAY FROM CHILDREN**

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LAMBERTS®  
THE PROFESSIONAL RANGE  
HIGH POTENCY  
**Turmeric 20,000mg**  
(as 500mg of extract)

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8571-60

FOOD SUPPLEMENT  
**60 tablets**