

## Nutritional Information

Serving Size: **3 Capsules**

Servings Per Container: **121**

### Directions:

Take two or three capsules daily with food or as directed by your healthcare professional. Do not exceed recommended amount.

Ingredients	Per Serving
<b>Organic Turmeric</b> ( <i>curcuma longa</i> )	2010 mg
<b>Organic Ginger</b>	120 mg
<b>Organic Black Pepper Powder</b>	30 mg

### Ingredients:

Organic Turmeric Powder, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Organic Ginger Powder, Organic Black Pepper.

### Safety:

Turmeric should not be taken alongside blood-thinning medication. If you are pregnant, breastfeeding or taking any medication, please consult your doctor before use.

## What's Inside?

Take a closer look at the ingredients in each and every serving.

