# TurmiGin

## **Turmeric & Ginger Anti-Inflammatory Support**

### **Ingredients:**

- Turmeric Root Extract (Curcuma longa): 100 mg per capsule (standardized to contain at least 40% curcuminoids "Curcumin").
- Ginger Root Extract (Zingiber officinale): 200 mg per capsule (standardized to contain at least 20% gingerols).
- Vegetarian Capsule: Hydroxypropyl methylcellulose (HPMC), Rice Bran, Plant derived magnesium stearate.

### **Therapeutic Indications:**

- Supports joint health and reduces inflammation.
- Promotes immune function.
- May alleviate symptoms associated with arthritis and other inflammatory conditions.

# **TurmiGin:** The Power fron every Capsule

# ORGANIC SUPPLEMENTS

Manufacturer: Irish Organic Supplements Ltd., Dublin, Ireland.

### **Contact Details:**

Unit 5, Green Meadows Business Park, Ballymun Road, Dublin 7, D07 X2Y3 Ireland Customer Support Hours:

Monday to Friday: 9:00 AM - 5:00 PM (GMT) Saturday: 10:00 AM - 2:00 PM Sunday: Closed

### Visit Us:

Our retail store is located at: 34 Main Street, Navan, County Meath, A82 Y3X4 Phone: +353 (0)1 832 4567 Toll-Free: 1800 123 4567 (within Ireland) Fax: +353 (0)1 832 4568

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### Posology and Method of Administration:

- Take one capsule daily with water, preferably after meals.
- Do not exceed the recommended dose.

### Contraindications:

- Not recommended for individuals with known hypersensitivity to any of the ingredients.
- Avoid in individuals on blood-thinning medications due to potential interactions with curcumin and gingerol.

## Special Warnings and Precautions for Use:

 Consult a healthcare provider before use if you are pregnant, breastfeeding, or have a medical condition.

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• Not suitable for children under the age of 18.

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Interaction with Other Medicinal Products and Other Forms of Interaction:

 May interact with blood thinners, diabetes medications, and certain antidepressants. Consult a healthcare provider before use if taking these medications.

### Fertility, Pregnancy and Lactation:

 Consult a healthcare provider before use during pregnancy or breastfeeding.

## Effects on Ability to Drive and Use Machines:

No known effects on driving or using machines.

### Undesirable Effects:

 Mild gastrointestinal discomfort may occur. Discontinue use if adverse reactions persist.

### **Overdose:**

• In case of overdose, seek medical attention if symptoms persist.

### Pack Details:

- Available in bottles of 30, 60, and 90 capsules.
- Store in a cool, dry place away from direct sunlight.



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