



**TURMERIC PLUS™**  
liquid dietary supplement  
Made in Australia Aust L 206864



## How do I use it?

**PFE Turmeric Plus™ Oral Liquid** is a pure and natural liquid herbal extract. Being in a liquid form allows you to dilute it to taste or add it to your morning juice or smoothie. This makes it great for people who find swallowing tablets difficult. Blended with pure lemon oil and ginger extract, you'll find it pleasant to taste. Swish it around in your mouth as an effective mouthwash before swallowing for maximum absorption and oral care.

*'I keep my Turmeric Plus and a special glass in the bathroom so that I can take it after I've brushed my teeth. That way, I always remember to take it, and it's doing its magic for my gums too.'* - Joseph

### How much should I take?

1 tsp (5ml) in half a glass of water taken 1 – 3 times per day, half an hour before meals. It's best on an empty stomach but take it when it's best for you. 3 times per day for one week to start, 1 – 2 times per day for maintenance.

Nothing added: No corn, lactose, wheat, gluten, sugars, yeast, preservatives, artificial colours or flavours.

*'My Mum keeps her bottle and glass beside the kettle. When she wakes up and heads for the kitchen for her early cuppa, it's right there. She takes it while the kettle's boiling.'* - Shelley

### What is in it?

Each 5ml dose contains Curcuma Longa (Turmeric – Curcumin C3 Complex R) extract equivalent to dry rhizome 1350mg (1.35g) Curcuma Longa (Turmeric) extract equivalent to dry rhizome 147mg

Also contains: pure lemon oil, ginger extract and ethanol.

### What are liquid herbal extracts?

Liquid herbal extracts have been processed in such a way that their active parts are suspended in a liquid, usually alcohol and water. These are used to ensure full extraction of the active ingredients of the herbs. Herbalists prefer and recommend liquid extracts as they consider them to be the most therapeutically beneficial form of herb.

Liquid Extracts do not contain fillers and binders and are readily absorbed into the body. In liquid form, nothing has to be broken down or digested as the herbs are immediately available for assimilation into the bloodstream, glands and organs, even for a person with poor digestion.

### Note

For optimum shelf life keep your liquid herbal extracts in a cool place away from sunlight/windows. Keep bottle caps firmly closed. Alcohol-containing extracts have a shelf life of at least seven years if the recommendations made above are followed. Refrigeration is not necessary.