

GINGER SUPREME

WITH SUPERCritical EXTRACT OF TURMERIC

Maintains a Healthy
Inflammatory Response*

ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA

	MG EXTRACT PER 1 CAPSULE
Ginger root ETOH Extract (<i>Zingiber</i> off.)	100 mg
Ginger root Super-Critical Extract (<i>Zingiber</i> off.)	60 mg
Turmeric root Super-Critical Extract (<i>Curcuma longa</i>)	25 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Total Pungent Compounds from Ginger	30 mg
Zingiberene from Ginger	14 mg

GINGER SUPREME WITH TURMERIC

Ginger is well known for its use as both a food and spice, but is also revered within Ayurvedic tradition as *vishwabhesaj*, which means the universal medicine. As such, Ginger's various pharmacological properties include promoting digestion, serving as a powerful antioxidant, supporting cardiovascular function, and promoting a proper response to environmental stress.*

This herb, which is indigenous to Asia, is a powerful botanical promoter of prostaglandins and thromboxanes, which are compounds associated with immune function. Research suggests that Ginger supports an overall normalization of the body's immune response by normalizing prostaglandin and leukotriene production.*

Although a culinary spice and primary component of curry powder, Turmeric's popularity extends far beyond everyday kitchen use to include a variety of medicinal purposes. Within Ayurvedic medicine, Turmeric is touted not only for its soothing properties, but is also traditionally recognized to support digestive and liver function. Curcuminoids, namely Curcumin, which lend this herb its typical yellow pigment, are its primary constituents. These are believed to account for this herb's powerful antioxidant effects, which in turn, generate a supportive effect to the liver. A cousin of Ginger, this powerful antioxidant aids liver function primarily by reducing the damage caused by the free-radical oxidation generated during its metabolism. By reducing stress, Turmeric supports normal function of the liver to encourage healthy glucose metabolism. This herb also enhances the proper breakdown of dietary fats.*

It is important to note that Turmeric's benefits continue beyond supporting liver function to also include assisting the body's immune system and joints. A properly functioning liver accordingly supports the immune system by breaking down immune complexes carrying ingested pathogens. Curcumin is shown to exhibit numerous effects on the inflammatory immune response, including a normalization of leukotriene

DOSAGE

Liquid Phyto-Caps: Take 1 capsule, 1-2 times daily.

DURATION OF USE

3 months

BEST TAKEN

At meals, with warm water

formation and neutrophil response. Research has shown that by obstructing cyclooxygenase-2 (COX-2), prostaglandins, and leukotrienes, Turmeric normalizes the inflammatory cascade of the immune response.*

The combination of these two herbs encourages the availability of the body's own anti-inflammatory hormones while simultaneously supplying vast amounts of free-radical quenching anti-oxidants. These profound actions help promote the immune response and support a healthy inflammatory response. Supplementation of Ginger Supreme with Turmeric can help to maintain and support healthy joints and connective tissues and deliver antioxidant compounds that protect the body against the damaging effects of toxins and other environmental stressors.*

*Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit www.gaiaherbs.com to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.*

KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit www.gaiaherbs.com to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.*



REFERENCES

Araujo CC, Leon LL. *Biological activities of Curcuma longa L.* Mem Inst Oswaldo Cruz 2001;96:723-8.

Fronzoza CG, Sohrabi A, Polotsky A, et al. *An in vitro screening assay for inhibitors of proinflammatory mediators in herbal extracts using human synoviocyte cultures.* In Vitro Cell Dev Biol Anim 2004;40:95-101.

Langner E, Greifenberg S, Gruenwald J. *Ginger: history and use.* Adv Ther 1998;15:25-44.

Zhang F, Altorki NK, Mestre JR, et al. *Curcumin inhibits cyclooxygenase-2 transcription in bile acid- and phorbol ester-treated human gastrointestinal epithelial cells.* Carcinogenesis 1999;20:445-51.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.