



Turmeric – Beyond Curry

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Pain doesn't sit well with the play-hard-work-hard lifestyle you value, and it doesn't have to. Inflamed joints can limit your mosey, your giddy up, your freedom. Maybe it's arthritis, or surgery, or just another long day on your feet at work, when those joints feel pain it's hard to keep up.

Thankfully there's Turmeric, a powerful anti-inflammatory, to help our bodies recover and get us back on our feet. This herb has been shown to help treat arthritis, osteoarthritis, and rheumatoid arthritis in addition to discomfort resulting from injuries or surgeries.

Turmeric's beneficial properties have been used in ayurvedic medicine for thousands of years, and it remains a staple of South Asian diets, most notably in curry. Already the standard anti-inflammatory in India, it's commonly used to help aid sore tendons, ligaments and to support the prevention of future injury.

It's also been used in North America for quite some time. If you've had mustard on your hot dog, you've had Turmeric. Not only is Turmeric the source of your mustard's yellow color, it's also been shown to help support your body's natural defenses.

Much of Turmeric's power comes from the Curcumin inside it. This supplement is rich in antioxidants, helping to clean up cell-damaging molecules called free radicals. One study showed that a daily 1200 mg dose of Curcumin reduced post-surgery inflammation more effectively than a placebo or a typical anti-inflammatory prescription ([Ayurveda College](#)). Those South Asian diets just might be onto something.

With that in mind, Wonder Lab's Turmeric has been crafted to contain more Curcumin than typical of the competition. While other supplements consist of only two to three percent Curcumin, our Turmeric packs ninety-five percent curcumin in every dose to better support your body's inherent pain-relieving response.

Consider the fact this Turmeric also includes BioPerine® and your joint pain or inflammation may be a thing of the past. BioPerine®, a black pepper extract, is a patented bioavailability enhancer. In one study, it was found to "enhance the absorption of nutrients by at least thirty percent" ([BioPerine.com](#)). If something is going to work, shouldn't it work well?

Joint pain and inflammation shouldn't be limiting your freedom. To learn more about Turmeric and Wonder Lab's supplements for a healthy and active lifestyle, please visit us at: <https://www.wonderlabs.com/itemleft.php?it>.