

THE LIFE GUARDIAN™

 **indena**®
INDUSTRIA
DERIVATI
NATURALI



HEALTH - FOOD

MERIVA®
TURMERIC-PHYTOSOME®

MERIVA®

Please note this documentation is available for various countries all over the world and hence it may contain statements or product classification not applicable to your country. The claims made are in reference to ingredients only, hence they do not refer to finished products and they may not comply with Regulation EC n. 1924/2006. The marketer of any finished product containing any ingredient is responsible for assuring that the destination of the product and the claims made for the finished product are lawful and comply with all applicable laws and regulations of the country or countries in which the product is to be sold.

WHAT IS MERIVA®?

MERIVA® is a patented delivery form of **curcumin**. Curcumin typically exhibits poor oral absorption in the body.¹

Pharmacokinetic comparison studies have shown **MERIVA®** to **improve bioavailability of curcuminoids by about 30-fold**.^{2,3}

Three studies conducted with **MERIVA®** demonstrated **significant improvements related to stiffness, muscle soreness, physical function, liver health and overall quality of life**. A long term study has shown **MERIVA®** to **support ocular health**,⁸ confirming the inflammatory response markers support and the excellent safety profile.

SPECIFICATIONS

MERIVA® is standardized to contain 18-22% of total curcuminoids.

RECOMMENDED DOSE

MERIVA® is a light yellow powder for use in nutritional supplements.
Recommended daily dose: 1 g

SCIENTIFIC EVIDENCE

MERIVA® is overall supported by more than 29 clinical trials, involving nearly 2000 individuals, confirming its high tolerability profile.

TRADEMARKS

MERIVA® is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

References

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*Contact Indena directly for the latest available studies

WHAT MAKES MERIVA® UNIQUE?

MERIVA® is a patented delivery form of curcumin utilizing Indena proprietary Phytosome® technology, based on dietary-grade adjuvants (lecithin), able to optimize the actives' bioavailability.

MERIVA® is the most preclinically-and-clinically documented curcumin bioavailable formulation.

MERIVA® pharmacokinetic studies demonstrated **significant absorption benefits**.^{2,3}

- Improved plasma C_{max} and AUC of curcuminoids near 30-fold over the standard turmeric extracts.

MERIVA® is supported by 29* clinical trials demonstrating effectiveness for joint & bone health and healthy inflammatory response after exercise and similar exertion:

- **Decreased WOMAC score** measuring exercise related pain, stiffness and physical function;⁴⁻⁵
- Social and Emotional Index (SEI) score resulted in a **greater than 3-fold improvement**;⁴
- C-Reactive Protein (CRP) levels decreased by 16-fold;⁴
- Healthy **blood vessel** function support.⁷
- Attenuated **muscle soreness** from oxidative stress and inflammation associated to continuous exercise, **statistically significant reduction of IL-8 vs placebo and IL-6, reduction of MRI evidence of muscle stress**;^{9,10}
- **Improved strenght and physical performance, preventing loss of lean body mass** in elderly population;¹¹
- **Improved bone density** in asymptomatic subjects with a bone density condition¹²
- Improved health status in subjects with **non-alcoholic fatty liver disease (NAFLD)**.^{13,14}

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