



THE LIFE GUARDIAN™

 **indena**®
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

M E R I V A®
CURCUMIN PHYTOSOME

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

M E R I V A®


Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

WHAT IS MERIVA®?

MERIVA® is a patent pending 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,^{5,8} 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 30 human studies, involving 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 the 100% natural food grade delivery form of curcumin utilizing Indena proprietary Phytosome technology, based on dietary-grade adjuvants (lecithin), able to optimize the bioabsorption of the extract.

MERIVA® is the most studied and 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 more than 35* human trials demonstrating effective support in multiple health conditions:

- **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: minus 16-fold;⁴
- Healthy **blood vessel** function support.⁷
- Attenuated **muscle soreness** from oxidative stress and inflammation associated to continuous exercise;^{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}

Two recent studies highlighted **MERIVA®** efficacy in supporting kidney health:

- The University of Chieti-Pescara evaluated the supplementation of **MERIVA®** in subjects with **temporary kidney dysfunction (TKd) and increased oxidative stress levels**. The clinical evidence showed that **albuminuria decreased in all subjects due to its antioxidant properties and oxidative stress level was positively affected after 4 weeks**;¹⁵
- The University of Milan, focused its study on chronic kidney disease (CKD) subjects: **MERIVA® significantly levelled plasma pro-inflammatory mediators and lipid peroxidation**. Regarding gut microbiota, **after 6 months of curcumin supplementation it was observed a more balanced composition of the intestinal microbial population**.¹⁶

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