

MERIVA® CURCUMIN INDENA PHYTOSOME™



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WHAT IS MERIVA®?

MERIVA® is a patented delivery form of curcumin. Curcumin typically exhibits poor oral absorption in the body; pharmacokinetic comparison studies have shown MERIVA® to optimize bioavailability of curcuminoids.¹

Multiple human studies conducted with MERIVA® demonstrated significant benefits related to stiffness, muscle soreness, physical function, liver health, eye health and overall quality of life.

MERIVA® is overall supported by over 40* human studies, involving 2000+ individuals, **confirming its high tolerability profile**.²

SPECIFICATIONS

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

RECOMMENDED DOSE

MERIVA® is a light orange powder for use in nutritional supplements.

Recommended daily dose: 1 g

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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WHAT MAKES MERIVA® UNIQUE?

MERIVA® is the 100% natural food grade delivery form of curcumin utilizing Indena proprietary Indena Phytosome™ technology, based on dietary-grade adjuvants (lecithin), able to optimize the bioabsorption of the extract.

MERIVA® pharmacokinetic study demonstrated significant absorption benefits, showing improved plasma AUC of curcuminoids of about 30-fold over the standard turmeric extracts.¹

MERIVA® is supported by more than 40* human trials demonstrating effective support in multiple health conditions:³⁻¹¹

JOINT HEALTH - 58% optimization according to the WOMAC scale; physical performance improved by 26% [Karnofsky scale], joint mobility by 4-fold on treadmill test, and overall quality of life by 3-fold [Social and Emotional Index]; optimizing inflammatory biomarkers, 16-fold reduction in CRP levels. Furthermore, subjects reported reduced need for additional support.

BONE HEALTH - optimized bone density in heel, small finger, and upper jaw, specifically in ageing populations.

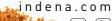
MUSCLE HEALTH - marked benefits in muscle performance preserving lean body mass in silver age, 9% increase in handgrip strength, 23% improvement in weight lifting capacity, 24% boost in walking distance, 39% enhancement in stair-climbing performance.

SKIN HEALTH - increased relief to atopic-prone skins and inflammation-based discomforts, optimization of itch, drieness, sensitivity, warming sensation and exfoliation.^{8,9}

KIDNEY HEALTH - positive albuminuria modulation, oxidative stress and fatigue after 4 weeks, healthy inflammatory response and oxidative balance. 10,11

LIVER HEALTH - improved health status in subjects with liver challenges.

EYE HEALTH - support in managing various eye and retina discomforts, even into long-term ocular health strategies, benefits in visual acuity









^{*}Contact Indena directly for the latest available studies