

THE LIFE GUARDIAN™



**indena®**  
INDUSTRIA  
DERIVATI  
NATURALI

NUTRACEUTICAL

MERIVA®  
CURCUMIN INDENA PHYTOSOME™

**MERIVA®**

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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.<sup>1</sup>

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.**<sup>2</sup>

### 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

<sup>1</sup>Cuomo J. et al., J Nat Prod. Mar 17, (2011).

<sup>2</sup>Musso G. et al., Hepatology, May 28 (2024).

<sup>3</sup>Belcaro G. et al., Altern Med Rev 15(4):337-44 (2010).

<sup>4</sup>Belcaro G. et al., Panminerva Med 52(25suppl1):55-62 (2010).

<sup>5</sup>Belcaro G. et al., Eur Rev Med Pharmacol Sci 18(24):3959-63 (2014).

<sup>6</sup>Riva A. et al., Eur Rev Med Pharmacol Sci 21(7):1684-89 (2017).

<sup>7</sup>Franceschi F. et al., Eur Rev Med Pharmacol Sci. 20(4):762-66 (2016).

<sup>8</sup>Togni S. et al., Dermatological Experiences 21(2-4):42-6 (2019).

<sup>9</sup>Antiga E. et al., Biomed Res Int 2015.1: 283634 (2015).

<sup>10</sup>Ledda A. et al., Panminerva Medica Dec 61(4):444-48 (2019).

<sup>11</sup>Piwni F. et al., Nutrients, Jan 14: 231 (2022).

\*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 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.<sup>1</sup>

**MERIVA®** is **supported by more than 40\* human trials** demonstrating effective support in multiple health conditions.<sup>3-11</sup>

**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, dryness, sensitivity, warming sensation and exfoliation.<sup>8,9</sup>

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

**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

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