

THE LIFE GUARDIAN™



 **indena®**
INDUSTRIA
DERIVATI
NATURALI

NUTRACEUTICAL

MERIVA®
CURCUMIN INDENA 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.

MERIVA®

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 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

¹Cuomo J. et al., J Nat Prod. Mar 17, (2011).

²Musso G. et al., Hepatology, May 28 (2024).

³Belcaro G. et al., Altern Med Rev 15(4):337-44 (2010).*

⁴Belcaro G. et al., Panminerva Med 52(2Suppl1):55-62 (2010)

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

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

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

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

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

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

¹¹Piwni 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.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, dryness, 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.

With this remarkable clinical dossier, covering a plethora of body functions, **MERIVA®** stands as the **Life Guardian™** for a healthy aging journey.

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