INSTRUCTIONS FOR USE

Organic Turmeric Golden Revival

Golden Revival Organic Turmeric

Ingredients: 100% raw organic *Curcuma longa* rhizome powder.

How to use: Take 1 to 2 teaspoons (about 2 to 4 g) once or twice a day. Stir into golden milk, a smoothie, rice, soups or sauces. Combine with healthy fats and a pinch of black pepper. Use regularly for at least 3 months, then take a break of 2 to 4 weeks. If your digestion is sensitive, start with a smaller amount.

Warnings: Do not exceed the recommended daily dose. Keep out of reach of children. Intended for adults. If you are pregnant, breastfeeding, taking medication or have a health condition, consult your doctor or pharmacist before use. Stop use if you notice any adverse effects. Do not use if the packaging is damaged or the seal is missing. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Storage: Store tightly closed in a cool, dry place (up to 25 °C), away from direct light and moisture. The color can range from light yellow to deep orange. That's natural variation and doesn't affect quality.

Composition

Turmeric (Curcuma longa)
100% organic turmeric rhizome powder.

Naturally contains curcuminoids, a group of plant pigments (including curcumin) that give turmeric its distinct golden color, as well as other bioactive plant compounds such as essential oils and polyphenols.

Due to its complex natural composition, turmeric is valued as one of the key plants in modern nutritional approaches.

Scan the code to open the instructions any time, even without this sheet.