



# MERIVA®

curcumin phytosome

absorption you've been aching for™

## MERIVA®

CURCUMIN PHYTOSOME

### PHYTOSOME TECHNOLOGY

Marked enhancement of bioavailability

Significantly greater clinical benefits

Assured delivery to the tissues

No compromise of nutrient safety

Unique time-release matrix

Meriva® is a registered trademark of Indena S.p.A.

### A BREAKTHROUGH IN CURCUMIN ABSORPTION

Thorne Research has teamed with Indena S.p.A., the worldwide expert in botanical extract technology, to bring health-care practitioners an exciting new curcumin phytosome called Meriva.

Meriva provides your patients with significantly more bioavailability than any curcumin extract or compound currently available – and Meriva is manufactured to Indena and Thorne high quality standards.

Phytosomes are created by a patented process that binds an herbal extract to phosphatidylcholine, a principal element of cell membranes. This unique phytosome complex easily crosses the gut barrier, unlike common herbal extracts, and results in significantly higher blood levels than standardized 95% curcumin extract.

*your partners in wellness*



contact customer service today for more information on Meriva®

P.O. Box 25, Dover, Idaho 83825 Toll Free 800.228.1966 Email [info@thorne.com](mailto:info@thorne.com)

[WWW.THORNE.COM](http://WWW.THORNE.COM)

It is commonly known that when taken orally curcumin is poorly absorbed. Meriva is a highly bioavailable curcumin extract that uses Indena's phytosome technology to significantly increase its absorption.

Phytosomes are a precise linkage of a plant flavonoid molecule with a phospholipid molecule – in this case, phosphatidylcholine. A bond is formed between the two molecules to create a hybrid molecule, providing superior absorption and utilization of the attached botanical extract.

A 2007 study published in the journal *Cancer Chemotherapy and Pharmacology* demonstrated Meriva's superior bioavailability, compared to ordinary curcumin. This animal study indicated a significantly greater plasma concentration time curve, with an area under the curve (AUC) five times higher for Meriva (Figure 1). Liver levels of curcumin were also higher with Meriva supplementation.

One small unpublished, single-dose trial demonstrated 450 mg of Meriva (phosphatidylcholine complexed with 90 mg curcumin) was absorbed as efficiently as 4 grams unbound *Curcuma longa* (95% curcumin), reflecting an approximate 45- to 50-fold increase in bioavailability for Meriva complex (Figure 2).

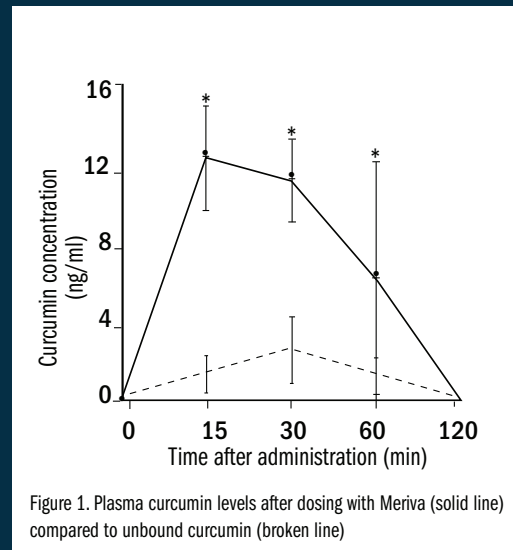


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)

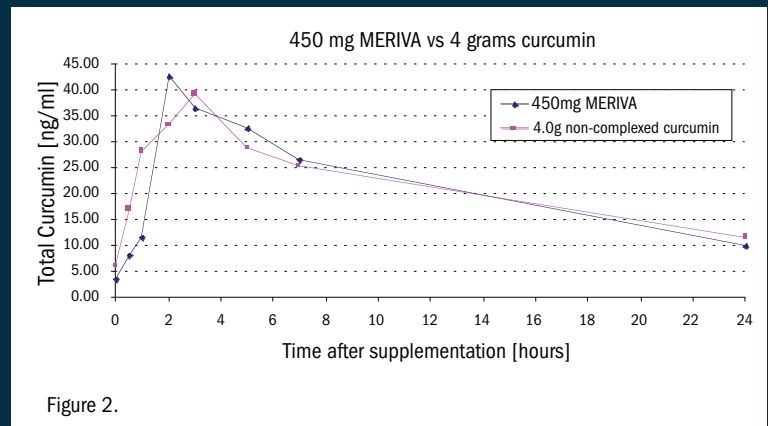


Figure 2.

## Meriva® Curcumin Phytosome

### Supplement Facts

Serving Size: One Capsule      Servings Per Container: 120

Each Capsule Contains:      % DV

Curcumin Phytosome** (root) ( <i>Curcuma longa</i> extract / Phosphatidylcholine complex)	250 mg.	*
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\*Daily Value (DV) not established.

Other Ingredients: High and low viscosity hydroxypropyl methylcellulose and Calcium Citrate Lactate, Hypromellose (derived from cellulose) capsule, Leucine,† Silicon Dioxide.†

Contains ingredient derived from soy (phytosome).

\*\*Curcumin Phytosome (Meriva™) complexed with Time-Sorb® – a patent-pending, time-release matrix.

†A hypoallergenic ingredient used to fill space.

120 Vegetarian Capsules  
Code: SF775  
Dosage: 2 to 4 capsules bid

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