Turmeric Tincture
19 servings per container
Serving size (1.5mL)
Amount Per Serving
Calories 15

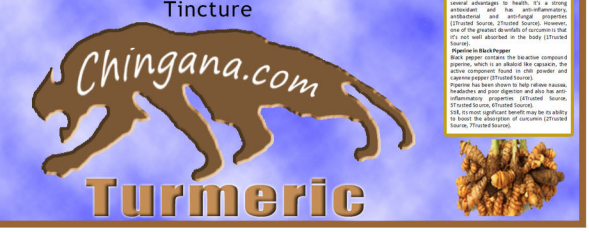
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

Bioavailable
Tincture



Curcumin in Turmeric
The key compounds in turmeric are called curcuminoids. Curcumin itself is the most active ingredient and appears to be the most important. As a polyphenol, curcumin has several advantages to health. It's a strong antioxidant and has anti-inflammatory, antibacterial and anti-fungal properties (1Trusted Source, 2Trusted Source). However, one of the greatest downfalls of curcumin is that it's not well absorbed in the body (3Trusted Source).

Piperine in Black Pepper
Black pepper contains the bioactive compound piperine, which is an alkaloid like capsaicin, the active component found in chili powder and cayenne pepper (3Trusted Source).
Piperine has been shown to help relieve nausea, headaches and poor digestion and also has anti-inflammatory properties (4Trusted Source, 5Trusted Source, 6Trusted Source).
Still, its most significant benefit may be its ability to boost the absorption of curcumin (7Trusted Source, 7Trusted Source).

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Bioavailable
Tincture

Chingana.com
Turmeric

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Saw Palmetto Tincture
19 servings per container
Serving size (1.5mL)
Amount Per Serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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Bioavailable
Tincture

Saw Palmetto is a supplement which is derived from the fruit of the plant *Serenoa repens*. The supplement (saw palmetto) has a calorie value, as it is a concoction of fatty acids.
The fatty acids in question have the ability to block an enzyme that converts testosterone into dihydrotestosterone (DHT), the latter of which is a more androgenic form and can cause hair loss in the genetically susceptible.
Its effects on DHT production have also led to saw palmetto being used for benign prostatic hyperplasia (BPH) and lower urinary tract symptoms (LUTS) in men. Some studies have shown positive results.

Saw Palmetto Tincture
19 servings per container
Serving size (1.5mL)
Amount Per Serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
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Bioavailable
Tincture

Chingana.com
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Purslane Tincture
Serving Size (2mL)
Servings Per Container 30
Amount Per Serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 494mg	14%
Sodium 45mg	2%
Total Carbohydrate 3.43g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Sugar Alcohol 10g	
Protein 0.3g	2%
Vitamin C 21%	Calcium 65%
Iron 2%	Thiamin 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Bioavailable
Tincture

History
In ancient times, purslane was used to protect against evil spirits. Purslane's medicinal use dates back at least 2,000 years, but it was used as food well before this period. Traditional medicinal uses for purslane are broad. Ancient Romans used purslane to treat dysentery, intestinal worms, headache, and stomachache. It has been used for thousands of years in Traditional Chinese Medicine to treat diabetes, atherosclerosis, vascular endothelial dysfunction, and urolithiasis. The Chinese, French, Italians, and English also used purslane as a food source.

Nutrition
Purslane is considered a rich vegetable source of omega-3 fatty acids and antioxidants, including tocopherol, ascorbic acid, beta carotene, and glutathione. The alpha-linolenic acid content varies with cultivar, geography, and environmental factors, with leaves having a greater percentage than seeds and stems. The plant's bright yellow flowers are of interest in the food industry because of the nitrogen-containing betalain pigments.

Purslane Tincture
Serving Size (2mL)
Servings Per Container 30
Amount Per Serving
Calories 0

	% Daily Value*
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Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
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Bioavailable
Tincture

Chingana.com
Purslane

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Plantago Tincture
19 servings per container
Serving size (1.5mL)
Amount Per Serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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Bioavailable
Tincture

Plantago Tincture is a traditional herbal remedy used in the treatment of sinus congestion, middle ear infections and catarrh. Plantago is one of the few herbs that penetrate the middle and inner ear cavity. Its natural antibacterial property helps to counter all ear infections. It has membrane soothing properties which may help people alleviate the suffering associated with tinnitus and also helps catarrh due to chest infections and nasal congestion.

The soothing action of Plantago is attributed to its mucilage content together with iridoids which have an anti-inflammatory activity helping to promote tissue repair. This makes Plantago Tincture extremely useful for alleviating sinus congestion and post nasal drip which often leads to other complications such as chesty coughs and catarrh.

Plantago Tincture, due to its soothing action, may also benefit tinnitus sufferers.

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19 servings per container
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Tincture

Chingana.com
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