



THE LIFE GUARDIAN™

 **indena**®  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

**MERIVA**®  
CURCUMIN PHYTOSOME®

**MERIVA**®  


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## WHAT IS MERIVA®?

**MERIVA®** is a patent pending delivery form of curcumin. Curcumin typically exhibits poor oral absorption in the body.<sup>1</sup> Pharmacokinetic comparison studies have shown **MERIVA®** to **improve bioavailability of curcuminoids by about 30-fold**.<sup>2,3</sup>

Three studies conducted with **MERIVA®** demonstrated **significant improvements related to stiffness, muscle soreness, physical function, liver health and overall quality of life**. A long term study has shown **MERIVA®** also to **support ocular health**,<sup>6,8</sup> confirming the inflammatory response markers support and the excellent safety profile.

## 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

## SCIENTIFIC EVIDENCE

**MERIVA®** is overall supported by over 30 human studies, involving 2000+ individuals, **confirming its high tolerability profile**.

## TRADEMARKS

**MERIVA®** is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

## References

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- <sup>5</sup> Belcaro G. *et al.*, *Altern Med Rev*: 2010, 15(4):337-44.
- <sup>6</sup> Allegri P. *et al.*, *Clinical Ophthalmology* 2010, 4, 1201-1206.
- <sup>7</sup> Appendino G. *et al.*, *Panminerva Medica* 2011, 53 (3 Suppl 1):43-9
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- <sup>9</sup> Drobnic F. *et al.*, *J Int Soc Sports Nutr*: 2014, Jun 18;11:31
- <sup>10</sup> Sciberras J.N. *et al.*, *J Int Soc Sports Nutr*: 2015 Jan 21;12(1):5
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- <sup>12</sup> Dugalil M. *et al.*, *Eur Rev Med Pharmacol Sci* 2017; 21 1684-9
- <sup>13</sup> Panahi Y. *et al.*, *J Cardiovasc Pharmacol* 2016 Sep 68(3): 223-9
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\*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 Phytosome® technology, based on dietary-grade adjuvants (lecithin), able to optimize the bioabsorption of the extract.

**MERIVA®** is the most studied and documented curcumin bioavailable formulation.

**MERIVA®** pharmacokinetic studies demonstrated **significant absorption benefits**.<sup>2,3</sup>

- Improved plasma C<sub>max</sub> and AUC of curcuminoids near 30-fold over the standard turmeric extracts.

**MERIVA®** is supported by more than 30\* human trials demonstrating effectiveness for joint & bone health and healthy inflammatory response after exercise and similar exertion:

- **Decreased WOMAC score** measuring exercise related pain, stiffness and physical function;<sup>4-5</sup>
- Social and Emotional Index (SEI) score resulted in a **greater than 3-fold improvement**;<sup>4</sup>
- C-Reactive Protein (CRP) levels decreased by 16-fold;<sup>4</sup>
- Healthy **blood vessel** function support.<sup>7</sup>
- Attenuated **muscle soreness** from oxidative stress and inflammation associated to continuous exercise, **statistically significant reduction of IL-8 vs placebo and IL-6, reduction of MRI evidence of muscle stress**;<sup>9,10</sup>
- **Improved strength and physical performance, preventing loss of lean body mass** in elderly population;<sup>11</sup>
- **Improved bone density** in asymptomatic subjects with a bone density condition<sup>12</sup>
- Improved health status in subjects with **non-alcoholic fatty liver disease (NAFLD)**.<sup>13,14</sup>

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