



**Main Herb – Turmeric**

Traditionally used since 659 AD for pain relief, promoting flow of Qi and blood. Modern scientific research has proven many of its effects such as anti-inflammatory, antioxidant and repairing cartilage (1).



1. Krup et al. (2013) Pharmacological Activities of Turmeric (*Curcuma longa* linn): A Review. *J Homeop Ayurv Med* **2**, 133.