



Australian made
 Gluten free
 Raw Sugar
 Dairy free
 Vegan & GMO free
 Caffeine free
 All natural
 Easy to make

The Health Benefits: Curcumin is the active compound in turmeric which is responsible for its bright colour, and a whole host of health benefits. Unfortunately curcumin is poorly absorbed by the body. However when paired with black pepper, the bio-availability of curcumin is increased dramatically.

RESEARCH HAS SHOWN THAT TURMERIC MAY BE ASSOCIATED WITH MANY HEALTH BENEFITS

ANTI INFLAMMATORY^{1,4,5}

ANTIOXIDANT PROPERTIES^{1,3,4,5}

MOOD ENHANCING

CLEANSING

ASSISTS DIGESTION²

IMPROVES BRAIN FUNCTIONALITY¹

The Science Behind The Drink: We use concentrated natural extracts and essential oils in formulating the *Golden Turmeric Elixir*, and we do this for a reason. By using the all natural extracts, we deliver high level flavour and functionality in a delicious, shelf stable, easily blended base that can be used in almost any hot and cold beverage you desire. We have developed the perfect balance of art and science. The problem with raw spice or powders is that they carry low levels of active ingredient^{7,8}, they do not blend and leave a gritty, fibrous mouth feel and lots of sludge in the bottom of the cup. They also won't work in cold drinks. In fact, just a 15mL shot of our *Golden Turmeric Elixir* in a drink provides one third of a suggested daily minimum amount of curcumin, as suggested by the University of Maryland Medical Centre. One 15mL serve contains the equivalent of three tablespoons of turmeric.

1.The Medical Journal of Australia (2006, 185:4) Tapsell LC (ed), "Health benefits of herbs and spices: the past, the present, the future." 2.University of Maryland Medical Centre (web), "Turmeric" [umm.edu/health/medical/altmed/herb/turmeric or bit.ly/1h6RwI4] 3.Asian Pac. J. of Cancer Prevention (2011, 12) Hutchins-Wolfbrandt A. & Mistry AM, "Dietary turmeric potentially reduces the risk of cancer." 4.Current Science (2004, 87:1) Chattopadhyay I. et al., "Turmeric and curcumin: biological actions and medicinal applications." 5.Asia Pac. J. Clinical Nutrition (2008, 17:S1) Krishnaswamy K., "Traditional Indian spices and their health significance." 6.Food Reviews International (2005, 21:2) Srinivasan K., "Role of spices beyond food flavouring: nutraceuticals with multiple health effects." 7.Nutrition and Cancer (2006, 55:2) Tayem RF. et al., "Curcumin content of turmeric and curry powders." 8.Int. Res. J. of Pharmacy (2011, 2:4) Ganpati KS. et al., "Comparative studies on curcumin content in fresh and stored samples of turmeric rhizomes."



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