



CURCUMIN BIOCOMPLEX™

A high-potency formulation blending the wisdom of Ayurveda with cutting-edge science from Functional Medicine. Combining the clinically-trialled dose of Turmacin™ with 95% Curcuminoids together with the clinically-trialled dose of AprèsFlex™ and Magnesium ascorbate to relieve symptoms of mild arthritis and osteoarthritis and also support joint cartilage and connective tissue health.



- ✓ Suitable for vegetarians and vegans
- ✓ 60 or 90 caps (1 to 2 months' supply)



Turmacin™ *Curcuma longa* L.
+ 95% Curcuminoids



AprèsFlex™
Boswellia serrata



Pomegranate
Punica granatum



Magnesium Ascorbate
Vitamin C

ACTIVE INGREDIENTS	PER CAPSULE	MIN DOSE (2 CAPS)
Turmacin™ <i>Curcuma longa</i> L. rhizome ext. dry conc. Equiv. dry rhizome	200 mg 2.6 g	400 mg 5.2 g
<i>Curcuma longa</i> rhizome ext. dry conc. Equiv. dry rhizome Equiv. curcuminoids - NLT 95%	50 mg 1.25 g 47.50 mg	100 mg 2.5 g 95 mg
AprèsFlex™ <i>Boswellia serrata</i> gum ext. dry Equiv. dry <i>Boswellia serrata</i> gum Equiv. 3-O-Acetyl-11-Keto-β-Boswellic acid	50 mg 700 mg 10 mg	100 mg 1.4 g 20 mg
<i>Punica granatum</i> (Pomegranate) fruit peel ext. dry conc. Equiv. dry <i>Punica granatum</i> fruit peel	20 mg 1 g	40 mg 2 g
Magnesium Ascorbate Equiv. Ascorbic acid	112.08 mg 100 mg	224.16 mg 200 mg

Turmacin™ is a trademark of Natural Remedies Pvt. Ltd.

AprèsFlex™ is a registered trademark of PLT Health Solutions-Laila Nutraoeticals LLC.

Key Benefits

Ora Curcumin BioComplex™ is recommended for adults seeking support with:

- Relieving symptoms of mild arthritis and osteoarthritis
- Joint cartilage and connective tissue health
- Reducing and relieving mild joint aches and pains
- Joint mobility and flexibility
- Decreasing mild joint inflammation and swelling
- Connective tissue production and formation

Why Choose Curcumin BioComplex™

- The only full-spectrum turmeric product on the Australian market with the clinically-trialled dose of Turmacin™ and 95% curcuminoids together with the clinically-trialled dose of AprèsFlex™, a unique extract of *Boswellia serrata*.
- Turmacin™ is supported by 4 gold standard human clinical trials demonstrating its effects in reducing in joint pain and inflammation. The most recent study was conducted in Australia, and showed statistically significant improvements in knee pain and function among people with inflammatory knee osteoarthritis.
- AprèsFlex™ is a next-generation proprietary extract of *Boswellia serrata* that has been shown in several gold standard human clinical studies to reduce pain and discomfort in osteoarthritis patients as early as day 5 of treatment.
- Includes pomegranate hull extract that assists with the production of Urolithin A, a natural compound produced by gut bacteria from ingested ellagitannins and ellagic acid found in pomegranate.

Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The active ingredients in Ora Curcumin BioComplex™ are sourced from:

Turmacin™ *Curcumin longa* L – Sourced from the Kandhamal District in India, where many tribal communities have been cultivating Turmeric chemical-free for the past two centuries using their deep-rooted traditional knowledge. Turmeric cultivation has long been a major source of livelihood for the Kondh tribes of the Kandhamal District of Odisha. All agricultural operations are carried out manually, from land preparation to post-harvest processing.

AprèsFlex™ *Boswellia serrata* – Wild-crafted and grown in Indian forest land from the states of Andhra Pradesh and Madhya Pradesh.

In conjunction with the Indian forestry department, harvesters are trained on sustainable gum tapping methodology to maximise yield while maintaining the safety and health of the *Boswellia serrata* tree populations. Harvesters are typically 50% men and 50% women. Non-GMO, Halal, Kosher, and BSE/TSE-, allergen- and gluten-free.

Pomegranate Hull – Manufactured in Xi'an, China, in a state-of-the-art cGMP, ISO series, Kosher and Halal certified company, dedicated to the identification, development and manufacturing of botanical extracts and its derivatives.

Magnesium Ascorbate (Ascorbic Acid) – Produced in North Salt Lake Utah, USA by a leading manufacturer of speciality phosphates at a GMP compliant and NSF certified facility with Kosher, Halal and Non-GMO certifications.

Find Out More

Turmacin™ *Curcuma longa* L (Turmeric) + 95% Curcuminoids is a combination of a unique clinically trialled extract of *Curcuma longa* L (Turmeric) rhizomes that features the bioactive-water soluble polysaccharides called Turmerosaccharides™, and Curcumin standardised to 95% curcuminoids. Instead of solely focusing on curcuminoids, Curcumin BioComplex™ brings together the health benefits of many active phytochemicals within the turmeric rhizome to provide comprehensive relief.

Here are some of the active constituents found in Curcumin BioComplex™:

1. Turmerosaccharides are the polysaccharide fractions that make up 90% of the botanical constituents in turmeric. This allows the composition of Turmacin™ to be as close to the natural state of turmeric powder as possible, with the added benefit of being a standardised ingredient and thus providing therapeutic consistency. In addition to relieving pain and inflammation of mild symptoms of osteoarthritis in clinical research, Turmacin™ works to maintain an equilibrium between cartilage damage and collagen synthesis which is a vital component in the treatment of osteoarthritis.

2. Aromatic (ar-) turmerone is an essential oil compound found in Turmacin™ known to be effective in small doses. Ar-turmerone is shown to inhibit the hyperactivity of microglia which underlies the mechanism of pain sensations and may contribute to providing fast pain relief in osteoarthritis.

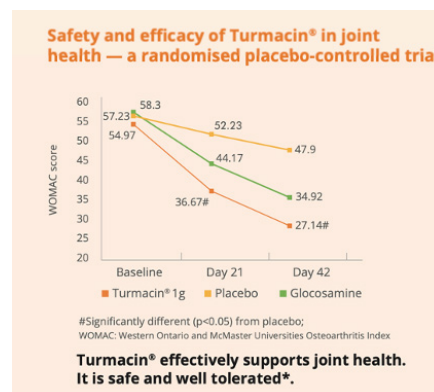
3. Curcuminoids are a family of well-researched, lipophilic compounds, including curcumin. Curcumin alone exhibits very poor bioavailability, however when combined with ar-turmerone and turmerosaccharides, the synergistic influences can enhance potency, pharmacological activity, and thus the bioavailability of curcuminoids.

The combination of Turmacin™ and curcuminoids has been shown to provide efficacy in the symptomatic management of pain amongst patients with mild knee OA within as little as 5 days. *C. longa* extract has many modes of actions responsible for decrease ageing of cartilage cells and reducing cartilage degradation markers in chondrocytes. These mechanisms of action include the inhibition of NF-kB inflammatory pathways, decreasing gene expression of MMP-3 and MMP-7 and increasing gene expression of type II collagen.

Trial 1:

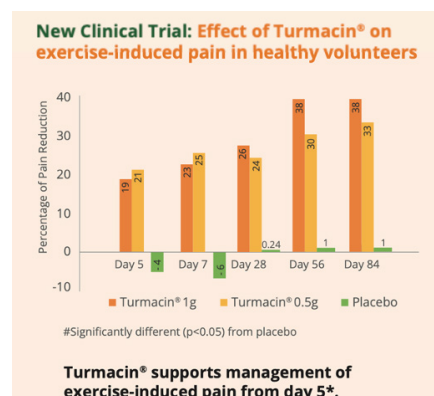
A randomised placebo-controlled trial of 120 subjects with primary knee osteoarthritis were given 500mg of Turmacin™ twice daily, glucosamine 750mg twice daily or a placebo for 42 days. Using

the WOMAC, VAS, and CGIC scale, Turmacin™ was shown to significantly reduce use of rescue medication and efficiently managing the symptoms of knee OA compared to placebo. The study demonstrates safety and efficacy of Turmacin™ as a useful treatment option for patients with primary painful knee OA.



Trial 2:

A double-blind, triple-arm, parallel-group, randomised placebo-controlled trial of 90 healthy participants received either 500mg of Turmacin™ 1g of Turmacin™ or a placebo daily for 84 days alongside 10-minutes of strenuous exercise. The mean final pain scores were significantly lower in the Turmacin™ 1g and 500mg groups when compared with the placebo from day 5 onwards. Turmacin™ groups showed an increase in pain threshold and knee ROM in healthy participants with minor adverse events.



Find Out More (Cont'd)

Trial 3:

A randomised placebo-controlled study in 2020 of 70 subjects in Tasmania Australia with knee osteoarthritis received 800mg of Turmacin™ together with 200mg of curcuminoids or a placebo for 12 weeks. Compared to the placebo, the Turmacin™ and curcuminoids combination significantly improved knee pain and function among people with inflammatory knee osteoarthritis.

AprèsFlex™ *Boswellia serrata* is a bio-enhanced proprietary extract of *Boswellia serrata* gum resin. AprèsFlex™ provides a standardised concentration of Acetyl-11-keto-β-boswellic acid (AKBA) which is clinically shown to downregulate key inflammatory mediators involved in OA, such as TNF-alpha and 5-lipoxygenase, as well as inhibit MMP-3 enzymes. The unique composition of 20% AKBA is shown to be clinically efficacious by promoting fast-acting therapeutic benefits and the improvement of joint discomfort and stiffness within 5 days of treatment.

Clinical Study:

A randomised, double-blind, placebo-controlled clinical trial of 67 subjects received 100 mg of AprèsFlex™ or a placebo for 30 days. The group taking AprèsFlex™ experienced significant improvements in pain scores as early as day five of treatment. The group experienced decreases in pain, stiffness, function WOMAC scores,

as well as VAS + LFI. The AprèsFlex™ group were also found to have reduced circulating MMP-3, TNFa + CRP, affirming this extract is clinically efficacious, fast-acting, and safe in the management of osteoarthritis.

Pomegranate extract is a new player with a potentially important role in the treatment of OA and joint disease. A key therapeutic pathway to address OA and joint disease is the immune-regulatory functions retained by gastrointestinal epithelial cells. The crosstalk between gut microbiota and OA can be addressed with the use of Pomegranate husk extract. The extract contains a high concentration of ellagitannins and ellagic acid. When metabolised by our gut microbiota, these polyphenols produce urolithin A, which has been clinically shown to improve intestinal barrier integrity and reduce colon inflammation often associated with OA and joint diseases. Furthermore, Urolithin A promotes joint mitochondrial health, alleviating cartilage degeneration, synovial inflammation, and pain in OA sufferers.

Magnesium Ascorbate (Ascorbic Acid) is a strong antioxidant with the ability to reduce damaging free radicals found within chondrocytes. Ascorbic acid stimulates type II collagen and proteoglycans, playing an integral role in the restoration and synthesis of cartilage tissue.

How We Make It

We use the minimum amount of excipients during our manufacturing process.

Ora Curcumin BioComplex™ contains the following added substances:

Calcium hydrogen phosphate dihydrate, Microcrystalline cellulose, Magnesium stearate, and Colloidal anhydrous silica – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process – Vegetarian Capsule excipients: Hypromellose, water.

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

Co-Creating Wellness™

Ora recommends a holistic approach in combination with Ora Curcumin BioComplex™. Try the following to enhance results:

- Anti-inflammatory diet
- Maintain a healthy weight and avoid a sedentary lifestyle
- Apply topical anti-inflammatory solutions for short term pain relief, e.g. Traumeel or Kunzea cream
- Include daily low-impact exercise such as swimming, walking, stretching and yoga
- Address vitamin D deficiency
- Consume fresh celery, cucumber and parsley juice
- Consume dandelion and nettle leaf tea
- Consider omega-3 supplements

Combines Well With

- Ora Clean Omega D™
- Ora Organic Greens Superpowder+™



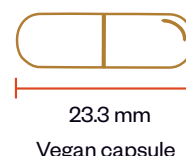
Directions For Use

Take two to four capsules daily, or as recommended by your healthcare practitioner. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

Pack size: 60 or 90 vegan capsules

Product Code: CURBIO60-ORA (60 capsules) / CURBIO90-ORA (90 capsules)

Capsule Size



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