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# Curcumin Vital

*Data Sheet*

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## Powerful combination for your well-being

Traditionally proven ingredients: Ginger, saffron, and turmeric for your moment of comfort

## Turmeric is attributed with anti-inflammatory and antioxidant properties.

To enhance the bioavailability of turmeric, CURCUMIN VITAL also contains black pepper.

- Anti-inflammatory synergy
- Immune system support
- 100% natural ingredients
- Rich in antioxidants
- Optimal bioavailability

## What is Curcumin Vital?

Turmeric has been widely used in Indian Ayurveda and has earned the nickname 'Golden Goddess' over its 4,000-year history. The essential oils from the root are listed in the Ayurvedic Pharmacopoeia of India as remedies for bloating, stomach issues, and as a tonic.

**CURCUMIN VITAL** is a high-quality dietary supplement that combines the powerful, natural ingredients **turmeric** (Curcugreen™), **ginger**, and **saffron**. This unique formula was developed to naturally support the body in combating inflammation and provide **antioxidant effects**.

By adding black pepper with piperine, the **bioavailability** of curcumin, the active compound in turmeric, is significantly enhanced, allowing the body to **efficiently absorb** the ingredients. Saffron and ginger also contribute to improved **immune function**, while vitamin C protects cells from oxidative stress.

**CURCUMIN VITAL** relies on **100% natural ingredients** and helps to reduce inflammation<sup>1</sup> and promote overall well-being.

## Why Curcumin Vital from artgerecht?

- Optimal bioavailability: With black pepper for better curcumin absorption
- Anti-inflammatory properties<sup>1</sup>
- Rich in antioxidants
- 100% natural ingredients
- Traditionally proven ingredients
- Ideal for daily well-being
- On the Cologne List®

## Scientific background to Curcumin Vital?

**CURCUMIN VITAL** is a carefully selected combination of turmeric, ginger, and saffron, whose synergistic effects can be **anti-inflammatory<sup>1</sup> and antioxidant**. The main ingredient, curcumin from turmeric (Curcugreen™), is known for its anti-inflammatory properties. To ensure optimal absorption of curcumin by the body, the formula includes black pepper with piperine, which significantly enhances the **bioavailability** of curcumin. As with all artgerecht products, only naturally extracted raw materials are used here, with no synthetic substances.

The formula is complemented by saffron and ginger, which together allow for a harmonious combination of **natural ingredients**. Vitamin C completes the mixture and contributes to the balance of the formula. **CURCUMIN VITAL** thus offers a natural combination for your well-being.

Curcugreen™, one of the main components, is a high-quality turmeric extract. It contains all the ingredients of the turmeric root, particularly the valuable essential oils, through a patented extraction process. Compared to traditional curcumin formulations, Curcugreen™ has: i) up to 7 times higher bioavailability, ii) 2.5 times longer retention in the blood (and thus a significantly longer duration of action), and iii) 6.3 times stronger effects than curcumin with piperine. There are now 25 human studies that confirm the exceptional quality, effectiveness, and safety of Curcugreen™.

## Frequently Asked Questions

### Why have spices always been important in our diet?

Spices and secondary plant substances have always been a central part of our diet and are considered the medicine of our ancestors. The principle of hormesis plays an interesting role here: it suggests that certain events or substances, or their constituents, act as \mild poisons.\ In small doses, they activate health-promoting mechanisms in our bodies. \The dose makes the poison\ is an all-too-true proverb because even the healthiest plant substances can be overdosed.

### Why did we combine turmeric, ginger, and saffron?

Since the dawn of humanity, plant-based active ingredients have been used not only in the kitchen but also as **medicines**. For example, the use of saffron and turmeric has been shown to help patients suffering from severe depression and anxiety (Lopresti & Drummond, 2017). Additionally, ginger and turmeric possess various mechanisms to protect against inflammation and oxidative damage, making them particularly promising natural substances for combating the effects of aging and degenerative diseases. Furthermore, the combination positively influences the structure and function of our skin and contributes to wound healing (Al-Suhaimi, Al-Riziza, & Al-Essa, 2011; Roinhard et al., 2005; Bhagavathula et al., 2009). The piperine in black pepper further enhances the absorption and bioavailability of turmeric (Aggarwal & Harikumar, 2009). However, due to the lack of necessary expertise, these plant-based active ingredients are unfortunately still rarely used today. Extracting them from plants is also quite challenging, as high-temperature distillation or even chemical solvents are almost always used during the extraction process, which destroys many of the active ingredients. In our CURCUMIN Vital, we have gently extracted all the important ingredients from turmeric, ginger, saffron, and

black pepper, combined them in a species-appropriate way, and optimally dosed them.

### **What exactly is meant by \Hormesis\ or a \hormetic stimulus\?**

It seems widely known that a substance from nature is not inherently toxic. It is the dose that makes the poison. The fascinating effectiveness of various substances, which are supplied to an organism in a non-toxic range, lies in the fact that they are not only non-harmful but actually lead to improved resilience. This has been demonstrated in numerous scientific studies (e.g., Calabrese and Blain, 2011). These effects are not limited to pharmaceuticals, plants, or chemical and physical substances but can also be seen in lifestyle interventions related to environmental factors. The so-called mitohormesis – effects on a cellular level – can be observed here. They promote the resilience of the organism and thereby favor a longer and healthier life expectancy. Such stimuli include, among others: oxygen deprivation (e.g., altitude training), food deprivation (e.g., intermittent fasting or drinking), physical activity/sport (e.g., exercising on an empty stomach), toxins, etc.

## **Ingredients**

Curcuminoid complex (Curcugreen™), ginger root extract, ascorbic acid, saffron extract, BioPerine® (Not an organic product according to EU Regulation 834/2007) black pepper extract; capsule shell: hydroxypropylmethylcellulose.

<b>Content</b>	<b>Per Daily Dose (1 Capsule)</b>
Curcuminoids (from turmeric)	215 mg
Vitamin C content	128 mg
Gingerols (from ginger)	28.8 mg
Piperine (from black pepper)	2.5 mg
Saffron	20 mg
- of which Safranal	0.4 mg

## **Recommended intake**

Take 1 capsule daily with 150 ml of water during a meal.

## **Additional information**

- SKU/MPN: 10192
- Content: 30 Capsules
- Net filling quantity: 20 g
- EAN/GTIN: 4260656120538
- PZN (DE): 17518422
- PZN (AT): 5462975
- Customs tariff number: 29369000
- Origin: FR
- Version: 17.12.2025



