



Pure Sri Lankan Products  
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இலங்கையின் தூய உற்பத்திகள்



**Splendid SEASONS Pvt Ltd**

Sri Lankan turmeric, known scientifically as *Curcuma longa*, is renowned for its high quality and rich flavor profile, distinguishing it from turmeric varieties grown in other regions. Sri Lankan turmeric is particularly rich in curcumin, the active compound responsible for its vibrant yellow color and many health benefits. Higher curcumin content enhances its anti-inflammatory and antioxidant properties.

The **Splendid SEASONS** turmeric roots powder help reduce inflammation and may alleviate symptoms of arthritis. Its apoptogenic properties boost immunity and beneficial for overall health. Protects cells from oxidative damage.

<b>Curcuminoids</b>	2-8%	<b>Potassium</b>	2.5-2.7%
<b>Dietary Fiber</b>	20-25%	<b>Manganese</b>	0.05-0.07%
<b>Iron (Fe)</b>	0.2-0.25%	<b>Vitamin B6</b>	Low
<b>Vitamin C</b>	Low	<b>Magnesium (MG)</b>	0.2-0.25%

**Ingredient – Dehydrate turmeric powder, black pepper powder, gelatin (animal based)**

**Some of Health benefits in short,**

- Anti-viral activity - ability of a substance, such as a drug, natural compound, or immune response
- Anti-inflammatory activity Inflammation is the body's natural response to injury, infection, or harmful stimuli, but when it becomes chronic
- Antioxidant- reduce oxidative stress
- Anti-cancer – prevent cancer
- Anti-allergy /anti-asthma
- Anti-fungal – prevent fungi diseases
- Anti-arthritis effect
- Anti-diabetic – control blood glucose level
- Anti-obesity-
- Wound healing activity

**Reference: A Review for Health Benefits SurbhRathore1Mohammad Mukim1,Pratishtha Sharma, Siwani Devi1Jagdish Chandra Nagar1, Mohammad Khalid2**

**Nutritional Composition of Tumeric (*Curcuma longa*) and its Antimicrobial Properties**

## Turmeric Capsules



### Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” turmeric Capsules daily for adults, preferably after a main meal. Turmeric capsule is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding**, or have underlying health conditions, should take health care advice before use.

**Do not exceed 4 capsules per a day.**

### Capsule Weight:

Net Weight: 400 ±100 mg

Gross Weight: 500 ±100 mg

**Avoid use if allergic or sensitive to any listed ingredients.**