



THE LIFE GUARDIAN™

 **indena**®  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

**MERIVA**®  
CURCUMIN PHYTOSOME®

**MERIVA**®  


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## WHAT IS MERIVA®?

**MERIVA®** is a patent pending delivery form of curcumin. Curcumin typically exhibits poor oral absorption in the body.<sup>1</sup>

Pharmacokinetic comparison studies have shown **MERIVA®** to improve bioavailability of curcuminoids by about 30-fold.<sup>2,3</sup>

Three studies conducted with **MERIVA®** demonstrated significant improvements related to stiffness, muscle soreness, physical function, liver health and overall quality of life.

A long term study has shown **MERIVA®** also to support ocular health,<sup>6,8</sup> confirming the inflammatory response markers support and the excellent safety profile.

## SPECIFICATIONS

**MERIVA®** is standardized to contain 18-22% of total curcuminoids.

## RECOMMENDED DOSE

**MERIVA®** is a light orange powder for use in nutritional supplements.

Recommended daily dose: 1 g

## SCIENTIFIC EVIDENCE

**MERIVA®** is overall supported by over 35\* human studies, involving 2000+ individuals, confirming its high tolerability profile.

## TRADEMARKS

**MERIVA®** is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

### References

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\*Contact Indena directly for the latest available studies

## WHAT MAKES MERIVA® UNIQUE?

**MERIVA®** is the 100% natural food grade delivery form of curcumin utilizing Indena proprietary Phytosome® technology, based on dietary-grade adjuvants (lecithin), able to optimize the bioabsorption of the extract.

**MERIVA®** is the most studied and documented curcumin bioavailable formulation.

**MERIVA®** pharmacokinetic studies demonstrated significant absorption benefits.<sup>2,3</sup>

- Improved plasma C<sub>max</sub> and AUC of curcuminoids near 30-fold over the standard turmeric extracts.

**MERIVA®** is supported by more than 35\* human trials demonstrating effective support in multiple health conditions:

- **Decreased WOMAC score** measuring exercise related pain, stiffness and physical function,<sup>4-5</sup>
- Social and Emotional Index (SEI) score resulted in a **greater than 3-fold improvement**;<sup>4</sup>
- C-Reactive Protein (CRP) levels: minus 16-fold;<sup>4</sup>
- Healthy **blood vessel** function support.<sup>7</sup>
- Attenuated **muscle soreness** from oxidative stress and inflammation associated to continuous exercise;<sup>9,10</sup>
- **Improved strenght and physical performance, preventing loss of lean body mass** in elderly population;<sup>11</sup>
- **Improved bone density** in asymptomatic subjects with a bone density condition<sup>12</sup>
- Improved health status in subjects with **non-alcoholic fatty liver disease (NAFLD)**.<sup>13,14</sup>

Two recent studies highlighted **MERIVA®** efficacy in supporting kidney health:

- The University of Chieti-Pescara evaluated the supplementation of **MERIVA®** in **subjects with temporary kidney dysfunction (TKD) and increased oxidative stress levels**. The clinical evidence showed that **albuminuria decreased in all subjects due to its antioxidant properties and oxidative stress level was positively affected after 4 weeks**;<sup>15</sup>
- The University of Milan, focused its study on chronic kidney disease (CKD) subjects: **MERIVA® significantly levelled plasma pro-inflammatory mediators and lipid peroxidation**.  
Regarding gut microbiota, **after 6 months of curcumin supplementation it was observed a more balanced composition of the intestinal microbial population**.<sup>16</sup>

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