





# SUPPLEMENT FACTS

Meriva⁰

500 mg

Curcumin Phytosome Phosphatidylcholine Complex (Curcuma longa) (rhizome) (18-22% curcuminoids)

Palmitoylethanolamide (PEA)

300 mg

### **OTHER INGREDIENTS:**

100% Vegetarian Capsule (cellulose, water), rice concentrate.

### **CONTAINS NO:**

gluten, milk, casein, soy, egg, artificial colors or flavors.

### **RECOMMENDED DOSAGE:**

Take 2 capsules twice daily, with or without food. Consult with physician prior to use if you are pregnant or nursing, taking medications or have a medical condition.

## **OUR QUALITY**













# for the SUPPORT OF PHYSIOLOGICAL STRESS\*

With Meriva® Curcumin

Relieves physiological stress and soreness or discomfort associated with occasional pain, stiffness, and compromised tissue function as a result of overexertion and everyday stress.\*

Data collected from the 2012 National Health Interview Survey estimated nearly 56% of American adults (126 million individuals) experienced some level of pain or discomfort within 3 months prior to taking the survey.<sup>1</sup>

Discomfort can range from a variety of indications, including effects on mood, mobility, and overall health and wellness. Most often, occasional pain, stiffness, and compromised tissue are the result of overexertion and everyday stress.

When excited nerves issue sensory information to the brain, the body can react in the form of uncomfortable sensations. Many individuals experiencing common ailments often choose to self-medicate. These consumers turn to easily accessible over-the-counter medications such as NSAIDs instead of coping with the short term discomfort. A study, led by the Director of the Slone Epidemiology Center at Boston University, evaluating consumer compliance with recommended NSAID usage, found nearly 20% of individuals exceeded daily maximum doses during a one-week period. When misused or overused, these OTCs can cause gastrointestinal toxicity, stomach bleeding, and kidney or liver damage.

For those experiencing only occasional discomforts, a natural approach may be a better option to alleviate physical suffering.\* Dietary supplements work with the body's natural processes for physiological stress and soreness without the side effects associated with the overuse of pain medications.\*

Palmitoylethanolamide (PEA) is an extensively researched natural ingredient for important neuroprotective actions.\*4 This ingredient has been utilized for decades and is available in dietary supplements worldwide as an option for the onset of physiological stress.\*

PEA is an endogenous fatty acid amide that belongs to the family of biologically active lipids that are increased by the body to soothe discomfort naturally.\* PEA was identified over 60 years ago when it was isolated from extracts of brain, liver, and muscle of rat and guinea pig. It was later found to be contained in chicken egg yolk, olive oil, safflower and soy lecithin, peanut meal, and several other foods.

The biological properties and mechanisms of PEA naturally produced by the body, involve a variety of effects including those upon glial and mast cells, cannabinoid-2 receptors,

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NF-kB, and effects on the nuclear receptor peroxisome proliferator-activated receptors (PPARs).<sup>6</sup>

Glial and mast cells naturally play a key role in the body's management of discomfort. Cannabinoid-2 receptors are more often found on immune cells, in the gastrointestinal tract, and in the peripheral nervous system. In addition, PEA enhances the effects of the fatty acid anandamide (also referred to as the "bliss molecule") when it binds to CB receptors.\*

#### **PURE & NATURAL**

Enzyme Science offers (PEA)+, a unique blend of PEA, from safflower seed, paired with the well-researched, patented, and highly bioavailable curcumin, Meriva® Phytosome.

There are two sources of PEA commercially available. Synthetic forms require the use of powerful synthetic solvents such as toluene. On the other hand, PEA can be naturally derived from safflower lecithin. (PEA)+ only utilizes naturally derived palmitoylethanolamide from safflower seed.

Curcumin is the yellow pigment of turmeric (Curcuma longa L.), the most widely used spice of the Indian cuisine

and a major ingredient of curry powders. Curcumin is one of the best investigated ingredients in the supplement industry but shows very poor oral absorption. Meriva® Phytosome is a patented formulation of curcumin made with sunflower derived phosphatidylcholine. Phytosome® technology improves the bioavailability by offering a higher stability and oral absorption in comparison with unformulated curcumin. Meriva was independently endorsed by the prestigious Cleveland Clinic as the curcumin formulation of choice.

### (PEA)+ ACHIEVING OPTIMAL HEAL TH

In optimal health, the body's natural production of PEA is in homeostasis. This balance can sometimes be compromised due to negative stimuli. As a result, the response to this threat of imbalance can cause a deficiency in PEA production. Supplementation of PEA works with the body to support this delicate balance, calm discomfort, and promote levels for wellbeing.\* In combination with Meriva Curcumin, this formula provides natural support for the entire body with a focus on the body's nervous, immune, and muscular systems.\*

### REFERENCES

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