



## Digestion - Mobility - Immunity

### COMPOSITION

Original combination of nutrients of marine origin:

- Curcumin
- EPA-DHA Omega-3
- Vitamins D, E

### PROPERTIES

**CURCUMÉGA®** combines the benefits of **Curcumin** and **Omega-3**. Curcuma Longa is a plant known for its properties on immunity, natural defenses, joint mobility and digestion.

### NUTRITIONAL INFORMATION

**CURCUMÉGA®** is without synthetic flavorings and without coloring agents. Its components, mainly of natural origin, are controlled and selected for their nutritional quality.

\* **Turmeric** and **Vitamin D** contribute to the good functioning of the immune system.

\*\* **Turmeric** contributes to joint mobility and facilitates the digestion.

	For 2 capsules	Nutrient Reference Value
<b>TURMERIC</b> 95% of CURCUMIN	500 mg	-
<b>fish oil</b>	586 mg	-
<b>OMEGA-3</b> EPA and DHA	180 mg	-
<b>VITAMIN E</b>	12 mg	100%
<b>VITAMIN D</b>	5 µg	100%

## DIRECTIONS FOR USE

### 2 to 4 capsules daily.

A 1 to 3-month renewable course of treatment is recommended, renewable if necessary.

Swallow without chewing preferably at the beginning of a meal. Associated with a balanced diet and a healthy lifestyle.

## PRECAUTION FOR USE

Not recommended for people allergic to **fish** and **turmeric**.

Do not leave within the reach of children.

Under medical supervision during chemotherapy or antiaggregant and anticoagulant treatment.

Do not take before surgery.

Not recommended for pregnant or breastfeeding women.

## DIET AND LIFESTYLE RECOMMENDATIONS

- Stop smoking.
- Stay active through physical, manual and intellectual activities.
- Eat fish, if possible 2-3 times a week.
- Avoid saturated fats: meat fat, cream, butter, pastries, palm oil...
- Prefer foods rich in omega-3: fatty fish, rapeseed oil, walnut oil ...
- Eat fruits, vegetables and whole grains..
- Practice regular physical activity (swimming, 30-minute walk, gymnastic).
- Respect the rhythms of your sleep.
- Limit the consumption of alcohol and coffee.
- Master your weight.

Laboratoire Dielen formulates food supplements  
pecially developed for your nutritional balance.

## The Natural Health

