

# MeriZak

## Dietary Supplement

### COMPOSITION:

Each Capsule contains:  
Turmeric(Curcuma Longa).....500mg

### DESCRIPTION:

Turmeric is derived from the plant curcuma longa, a member of the ginger family. Curcumin is a natural extract from the Turmeric spice, and has been used for many centuries in Asia because of its potential benefits Merizak is used for disorders such as Arthritis, Digestive problems and Urinary issues. It can also be helpful in treating Cancer, Alzheimer's disease, Diabetes, Allergies. Black Pepper (Piperine) is added in Turmeric to increase its Bioavailability.

- Anti Oxidant, Antiseptic
- Anti Inflammatory
- Supports Immune and Digestive System
- Promotes Healthy Skin

### PHARMACOLOGY:

#### Inflammatory Disorders:

Turmeric has anti-inflammatory and analgesic effects comparable to anti-inflammatory drugs such as hydrocortisone and phenylbutazone, as well as over-the-counter agents such as ibuprofen. The rhizomes contain curcumin and volatile oils that inhibit the synthesis of inflammatory prostaglandins and leukotrienes. Turmeric can be used long term for treating osteoarthritis, rheumatoid arthritis, asthma, tendonitis, and allergies, as well as other long-term inflammatory conditions such as psoriasis and eczema. It reduces joint swelling and tenderness, as well as morning stiffness, and increases mobility. Consuming turmeric on an empty stomach between meals is best for utilizing its anti-inflammatory actions. In addition, turmeric was devoid of drug-related side effects such as ulcer formation, intestinal bleeding, and suppression of white blood cells. Frequent, consistent consumption (three to four times daily) is recommended to manage pain and inflammation.

decreasing the number of EGF receptors. It also inhibits tumor growth by limiting angiogenesis, preventing the formation of new blood vessels that feed the tumor. It prevents excessive production of the enzyme cyclo-oxygenase 2 (COX-2) that contributes to tumor development. Curcumin inhibits nuclear factor kappa beta (NF-kb), a protein produced by cancer cells that blocks signals; thereby commanding the cells to stop proliferating. Curcumin encourages destruction of unhealthy cells by increasing a protein (nuclear p53 protein) that is essential for apoptosis. It also inhibits cancerous growth-promoting enzymes.

### DOSAGE AND ADMINISTRATION:

Capsules are intended to be used orally. Take 2 Capsules 2-3 times a day. For best results preferably take with meals or consult your physician or pharmacist. Maximum intake is 3.0 g/day.

### WARNINGS:

**Pregnancy and breast-feeding:** During pregnancy and while breast-feeding, turmeric is likely unsafe when taken by mouth in medicinal amounts during pregnancy. It might promote a menstrual period or stimulate the uterus, putting the pregnancy at risk. Do not take medicinal amounts of turmeric if you are pregnant.

### PRECAUTIONS:

**Gallbladder problems:** Turmeric can make gallbladder problems worse. Do not use turmeric in case of gallstones or a bile duct obstruction.  
**Bleeding problems:** Taking turmeric might slow blood clotting. This might increase the risk of bruising and bleeding in people with bleeding disorders.

**Diabetes:** Curcumin, a chemical in turmeric, might decrease blood sugar in people with diabetes. Use with caution in people with diabetes as it might make blood sugar too low.

**A stomach disorder called gastro esophageal reflux disease (GERD):** Turmeric can cause stomach upset in some people. It might make stomach problems such as GERD worse. Do not take turmeric if it worsens symptoms of GERD.

### STORAGE AND INSTRUCTIONS:

- Protect from heat, light and moisture.
- Store in a cool and dry place.
- Keep all the medicines out of the reach of Children.
- After opening the bottle do not waste the desiccant and its best to consume capsules within a month.

### Diabetes Mellitus:

Turmeric rhizome powder is very useful in diabetes mellitus. The ingestion of 6g Curcuma longa increased postprandial serum insulin levels, but did not seem to affect plasma glucose levels, in healthy subjects. Antioxidant properties of curcuma longa is due to curcumin and its three derivatives (demethoxy curcumin, bisdemethoxy curcumin and diacetyl curcumin). Maximal inhibition of the enzyme Human Pancreatic Amylase (HPA) was obtained with Curcuma longa. This inhibitory action on HPA causes reduction in starch hydrolysis leading to lowered glucose levels.

### Gastrointestinal Disorders:

Turmeric acts as a warming, aromatic, carminative, and mildly-bitter tonic that aids fat and protein digestion. It reduces nausea and indigestion that result from combining too many different types of food at once. Turmeric speeds recovery from digestive infections such as a stomach flu, food poisoning, salmonella, dysentery and parasitic infections such as giardia. Turmeric has antibacterial effects and improves the intestinal flora. Turmeric is helpful in the long-term treatment of difficult or painful digestion, non-ulcer dyspepsia, irritable bowel syndrome (IBS), colitis, Crohn's disease, food sensitivities, celiac disease, as well as stomach ulcers. Consuming turmeric also reduces itching and irritation from hemorrhoids and anal fissures.

### Liver Protective Compound:

Turmeric contains liver protective compounds with actions similar to milk thistle seeds. Turmeric aids hepatic detoxification of heavy metals and environmental toxins. The liver detoxifying actions are beneficial for those consuming over-the-counter and prescription drugs that negatively affect liver function. Curcumin also enhances the liver's detoxification of cancer-causing compounds. The hepatoprotectant actions are beneficial for treating conditions such as jaundice and hepatitis. It also lowers the levels of serum cholesterol, triglycerides and low density lipids. It prevents the oxidation of cholesterol, which damages blood vessels and leads to the buildup of plaque on the arterial walls. Thus, turmeric aids in preventing and treating atherosclerosis and heart disease.

### Anti cancer activity:

Curcumin has inhibitory effects on epidermal growth factor (EGF) receptor sites. Two-third of all cancers produce an abundance of EGF receptors sites, causing increased sensitivity to EGF which stimulates cellular proliferation. Curcumin decreases the cellular tendency to proliferate by

- Consult your physician if you are undergoing treatment for a medical condition.
- Do not use it in case of any allergic reaction.

### PACKING:

- Merizak is available as 30 capsules in white opaque plastic bottle.

## میری زیک

ڈائٹری سپلیمنٹ

ٹریمرک ۵۰۰ ملی گرام

بھیرن کیماتھ

● اینٹی آکسیڈنٹ، اینٹی سپینک

● اینٹی انفلیمیٹری

● مدافعتی اور نظام انہضام کو مضبوط کرتی ہے

● صحت مند جلد کی ضمانت ہے

**خوراک:** 2 کپسولز، دو یا تین مرتبہ روزانہ کھانا کھانے کے بعد ایک گلاس پانی کے ساتھ یا ڈاکٹر کی ہدایات کے مطابق استعمال کریں۔

**ہدایات:** ➤ دوا لوگوں کی روشنی اور ہوا سے محفوظ رکھیں۔

➤ تمام دوائیوں کی بیچ سے دور رکھیں۔

**پیشکش:** میری زیک (30 کپسولز) پلاسٹک بوتل میں دستیاب ہیں۔

Manufactured by:



**Schazoo Zaka (Pvt) Ltd.**

Kalalwala, 20-Km Lahore-Jaranwala Road,  
Distt: Sheikhupura, Pakistan.