

HINNAO[®]

TECHNOLOGY



WELCOME TO
YOUR HINNAO[®] JOURNEY



HINNAO® Technology Turmeric Curcumin

INSTANT ABSORPTION USING ADVANCED HINNAO® TECHNOLOGY



Please take care to read the following document before you start taking your Turmeric Curcumin. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.
This product is not for under 18's, pregnant or breastfeeding women.



GENERAL PRODUCT INFORMATION

Hydration

Due to the strength of HINNAO® products consumers should be sufficiently hydrated before use.

Storage and Temperature Guidelines

Our Turmeric Curcumin is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of Turmeric Curcumin has a shelf life of more than 2 years.

CAUTION

Turmeric can stain your skin and clothing. Take care when handling the product.

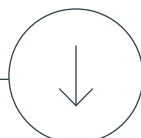
HOW TO GET THE MOST OUT OF YOUR HINNAO® Turmeric Curcumin

How Absorption Works

HINNAO® Turmeric Curcumin absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

Alternatives to under the tongue

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. The Turmeric Curcumin will still be absorbing as it travels down the throat.



When to take your HINNAO® Turmeric Curcumin

Is best taken after food in the morning or midday, best taken with Resveratrol to increase cell protection and support joint health.

Dosage suggestions based on client success reports

Recommended dosage of Turmeric Curcumin is 100mg - 200mg.

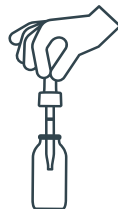
Maximum dose recommended is 200mg (0.5ml)

Due to the colour of the intense colour of Turmeric it might be hard to read the dose on the pipette, alternatively you can measure the dose by consuming 15 individual droplets when squeezing the product out of the pipette (equivalent to 0.5ml)

HOW TO TAKE HINNAO® TURMERIC CURCUMIN

**STEP 1**

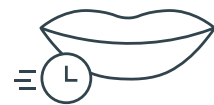
Shake the bottle well for 30 seconds to ensure a consistent dose.

**STEP 2**

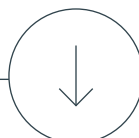
Squeeze the pipette to draw up recommended dose.

**STEP 3**

Place the product under your tongue.

**STEP 4**

Hold in your mouth for 60-90 seconds, then swallow.



POSITIVE BENEFITS TO WATCH FOR

Cholesterol/Cardiovascular

Supports production and quality of blood. Supports heart function. Supports blood circulation.

Immunity/Antioxidant

Curcumin supplementation can improve and maintain the efficacy of the immune system. Helps to maintain resistance to allergies. Has significant antioxidant properties.

Pain and Inflammation support

Many customers find they have pain relief within in 1-2 days, Curcumin helps to control inflammatory responses within the body.

Liver Health -

Improved Skin Condition

Prevents the accumulation of fats and facilitates their destockage by the liver, improving liver function has been shown to improve skin condition.

POTENTIAL SIDE EFFECTS OF CURCUMIN

Turmeric and Curcumin are generally well tolerated in doses up to 400mg per day. The most common side effects from high doses, observed in clinical studies are gastrointestinal and include constipation, dyspepsia, diarrhoea, distension, gastroesophageal reflux, nausea, vomiting, yellow stool and stomach ache.

Thank you for reading and good luck with your wellness journey.

The logo for Hinnao, featuring a stylized, handwritten-style 'H' followed by the word 'innao' in a lowercase, cursive font.