

The Benefits of Curcumin

Summer is great for getting outdoors, keeping fit, and overall health, but playing sports and exercising can take its toll on the body. If you are experiencing inflammation and some wear and tear from all the activity, there is a natural remedy to get you back in top form.

Utilized for thousands of years and researched extensively in modern times, studies have shown Turmeric is one of the most potent natural anti-inflammatory foods around. This is thanks to its bio-active ingredient, CURCUMIN, which gives Turmeric its signature bright yellow appearance. CURCUMIN is an incredible compound, and when combined with Piperine from black pepper, it takes its anti-inflammatory effects to the next level as now your body can absorb the CURCUMIN.

John Dettmann, a retired Collegiate Strength & Conditioning/Performance Nutrition Professional, says this: "if you ask me what to take, as any type of athlete, I will always say #1 CURCUMIN."

Scientifically researched and documented [benefits of CURCUMIN](#):

- Anti-inflammatory
- Potent antioxidant
- Boosts immune system
- Analgesic for pain
- Improves gut health
- Reduces joint pain
- Improves heart health
- Boosts serotonin and dopamine levels
- Promotes recovery

One of the challenges of CURCUMIN has been the delivery system. What's the best way to consume it? Dettmann recommends drinking ZYN Immunity & Recovery Drink. ZYN delivers CURCUMIN + PIPERLINE for super-charged absorption, along with Vitamins C & D.

With every sip of ZYN, you take part in a centuries-old practice utilizing the healing power of Turmeric. ZYN has low sugar, low calories, no artificial sweeteners, no preservatives, no colors, or added flavors. Crafted with simple, clean ingredients, and highly bio-available CURCUMIN + PIPERINE you can nourish your mind and body.

Refuel. Rehydrate. Repair. Recharge.

[Find ZYN at a Giant Eagle near you.](#)