



POWERFUL COMBINATIONS

Stinging nettle / Turmeric / Ground elder / Ginger

Urtica dioica / Curcuma longa / Aegopodium podagraria / Zingiber officinale



Areas of application

- Inflammatory joint problems
- Rheumatism, gout and arthritis
- Support for metabolism and detoxification
- Musculoskeletal pain

Usage/Indications

The combination of stinging nettle, ground elder, turmeric, ginger and centaury has a targeted synergistic effect on rheumatic conditions, gout and arthritis. Stinging nettle and ground elder promote the excretion of substances excreted in the urine, thereby helping to relieve the burden on the metabolism and facilitate the elimination of uric acid, particularly in cases of gout. Turmeric has a strong anti-inflammatory effect and can positively influence chronic inflammatory processes in the joints, whilst ginger stimulates blood circulation, relieves pain and improves the absorption of curcumin.

This basic combination can be specifically supplemented:

For rheumatism, the additional use of Boswellia is recommended for further anti-inflammatory effects.

For arthritis, combine with Devil's claw to relieve pain and improve mobility.

For gout, supplement with Goldenrods to support kidney function, promote excretion and reduce uric acid levels.

Good to know



This combination has a synergistic anti-inflammatory, analgesic and detoxifying effect, thereby supporting the entire musculoskeletal system. Ginger, in particular, significantly enhances the effects of turmeric by improving its bioavailability. Depending on the specific symptoms, the mixture can be tailored with additional ingredients, such as Boswellia for rheumatism, Devil's claw for osteoarthritis or Goldenrods for gout. This results in a flexible, adaptable holistic phytotherapeutic

Side effects/Contraindications

The mixture may cause stomach irritation, heartburn or increased urination. Caution is advised in cases of stomach or gallbladder problems, severe liver or kidney disease, when taking blood-thinning medication, and during pregnancy.

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