

Introducing Golden Fusion

Golden Fusion is a modern take on the centuries-old golden milk recipe that is both great-tasting and convenient. Golden Fusion features CurQFen[®], a highly bioavailable form of curcumin with fenugreek, along with grass-fed collagen peptides.

What is Golden Milk?

Popularised across social media, golden milk is a cross-cultural drink originating in Asian countries and consumed for its anti-inflammatory properties and pungent flavour. Also known as “golden milk latte” or “turmeric tea”, golden milk is made with freshly grated or ground turmeric, a pinch of freshly ground pepper, honey or lemon to taste, and hot water, milk, or dairy alternative. The addition of freshly grated or ground ginger adds extra flavour and additional anti-inflammatory characteristics, with cinnamon, cardamom, cloves and nutmeg rounding out the flavour.

With roots in traditional Chinese and Indian recipes, golden milk dates back thousands of years, and is used within the ancient branch of Indian medicine known as Ayurveda as a nourishing, delicious tonic that supports the mind and body in several ways.

Why Golden Fusion?

- More than just turmeric and collagen, Golden Fusion is formulated using high-quality, targeted ingredients.
- Features CurQfen[®], a unique, patented, stable curcuminoid (from turmeric) and galactomannan (from fenugreek) compound designed for increased bioavailability
- Curcumin, a major curcuminoid found in turmeric, may beneficially modulate signaling molecules that influence immune function
- Offers VERISOL[®] Bioactive Collagen Peptides[®] that help support skin and nail health
- Combines turmeric with collagen peptides for an innovative twist on traditional golden milk

The Golden Milk “MVP”: Turmeric

While turmeric is the star of the show with its golden colour and unique flavour, golden milk is a purposefully designed elixir including ingredients that aid in the absorption and delivery of turmeric’s polyphenolic compound, curcumin, the primary curcuminoid found in turmeric. Curcumin is a poorly absorbed compound on its own, but the addition of piperine, the active ingredient in black pepper, increases the absorption by approximately 2,000%. Another well-designed feature of the golden milk beverage involves the use of whole fat milk or added fat (such as coconut milk or oil) to facilitate improved bioavailability of the fat-loving (lipophilic) curcuminoid phenols; leveraging a lipophilic design has been shown to allow for greater bio accessibility of curcuminoids.

The main ingredient in golden milk is turmeric, which gives it a beautiful yellow colour and healing benefits. Traditionally used to impart colour and flavour to Indian curries, the health benefits of turmeric are well-documented and researched. These include anti-inflammatory properties and support of detoxification, as well as the potential to improve cognitive function, blood sugar balance, joint health, and more.

How To Enjoy Golden Fusion™:

Mix one scoop with about 250 ml of hot water or your favourite milk (cow's, coconut, or almond) for a great tasting and comforting way to supplement your diet with curcumin and collagen peptides.

What the source is of our golden fusion collagen?

The source is bovine collagen.

Type of collagen?

- Primarily type I and type III.
- The collagen is hydrolyzed (aka. pre-digested, resulting in bioactive collagen peptides)

Why does Metagenics list “Predominantly Grass-Fed” Collagen Peptides?

Grass-Fed designation is often desirable because it is believed by some that these cows may deliver greater nutritional benefits. However, labelling grass-fed without qualifying with “predominantly” would be false and misleading. The majority of cows are not exclusively grass-fed because they often eat other food, such as grain, when weather is bad and there is no grass to eat. Many other companies and suppliers do not disclose this information.

We pride ourselves on quality and transparency and will continue to set the standard for clear and accurate labelling.

Citations

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