



# Curcumin

Introduced 1996



## What Is It?

Curcumin, standardized to contain 95% curcuminoids, provides broad support for maintaining healthy inflammatory response and promotes healthy liver, colon, musculoskeletal and brain cell function.\*

## Uses For Curcumin

**Regulates Natural Inflammatory Response:** Curcumin has a long history of use for maintaining a healthy inflammatory response, via its effects on cyclooxygenase, prostaglandin and leukotriene metabolism.\*

**Supports Healthy Cell Function:** Curcumin appears to maintain healthy cell cycle function and provide important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, brain and musculoskeletal cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with powerful support for cellular health in separate trials.\*

## What Is The Source?

Turmeric extract† is derived from the root of *Curcuma longa* and standardized to contain 95% curcuminoids.

†Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

## Recommendations

Pure Encapsulations recommends 1–2 capsules three times per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

Turmeric can cause nausea or diarrhea in some individuals. It is not recommended for individuals with biliary obstruction. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Turmeric may be contra-indicated with blood thinning medications. Consult your physician for more information.

## Curcumin

<b>each vegetable capsule contains</b>  <b>1</b>	
turmeric ( <i>Curcuma longa</i> ) extract .....	250 mg
(standardized to contain 95% curcuminoids)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>1–2 capsules 3 times per day, in divided doses, between meals.</b>	

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.