

Super Bio-Curcumin® 400 mg, 60 vegetarian capsules

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Featured Video

Curcumin is impressing scientists around the world with its remarkable multiple health benefits. Curcumin is a polyphenol present in the spice turmeric and was first used by Indians over 3000 years ago in traditional Ayurvedic medicine. Modern science has found that curcumin has remarkable antioxidative, immu-nomodulatory, proapoptotic, and antiangiogenic properties.⁵⁴⁻⁵⁷ Curcumin is also found to increase detoxifying enzymes and promote healthy DNA function.⁵⁸

New studies have tied inflammation to overexpression of a protein molecule called nuclear factor-kappa B (NF-kappaB). NF-kappaB acts like a switch to turn on genes that produce the body's inflammatory responses. Because NF-kappaB's expression increases in aging adults, scientists have sought ways to modulate NF-kappaB and its effects in the body.

Curcumin has been shown to exert powerful inhibitory effects on NF-kappaB activation within the body.⁵⁹ Curcumin inhibits overexpression of NF-kappaB. In addition, curcumin inhibits the metabolism of arachidonic acid, as well as activities of cyclooxygenase, lipoxigenase, and cytokines (interleukins and tumor necrosis factor).⁶⁰

Other clinical trials suggest roles for curcumin in helping maintain healthy lipid profile, bowel, and joint functions.^{61,62} Curcumin can also help maintain normal healthy platelet function,⁶³⁻⁶⁶ and have immunomodulatory effects by inhibiting histamine release from mast cells.⁶⁷

Curcumin may effectively rescue pancreatic islets from damage, the cause of deficient insulin production, without affecting the normal function of these cellular structures.⁶⁸

Curcumin's multifaceted effects include protecting against estrogen-mimicking chemicals, protecting against damaging free radicals, and promoting normal cell cycle growth.

The problem is that curcumin is poorly absorbed into the bloodstream. Super Bio-Curcumin absorbs up to seven times better than conventional curcumin. So this patent- pending formula represents the most cost-effective way to supplement with this critical nutrient.^{69, 70} Studies show that one 400 mg capsule a day of this turmeric compound can provide curcumin blood levels equal to ingesting 2,500–2,800 mg of commercial curcumin supplements. And not only does this novel turmeric formulation provide far greater peak blood levels, but the curcumin remains in the bloodstream almost twice as long as conventional supplements. And this enhanced absorption delivery complex provides other beneficial turmeric compounds in addition to standardized curcumin.

Each 400 mg capsule of Super Bio-Curcumin® is equivalent to 2,772 mg of a typical 95% curcumin extract.

References

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

Amount Per Serving

BCM-95® Bio-Curcumin® (*Curcuma longa*) 25:1 extract (root) [std. to 95% Total Curcuminoids Complex with Essential Oils of Turmeric Rhizome by HPLC (380 mg)]

400 mg

Other ingredients: vegetable cellulose (capsule), rice flour, silica, vegetable stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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Dosage and Use

- Take one capsule daily with food, or as recommended by a healthcare practitioner.

Caution

Do not take if you have a biliary tract obstruction. Use during chemotherapy should only be performed under the direct supervision of a qualified medical professional. Curcuminoids may enhance the action of anti-platelet drugs and the effect of warfarin. High doses of curcumin may cause gastrointestinal irritation (e.g. upset stomach/diarrhea) in some individuals.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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