

# **Curcumin Essentials**

## Highly bioavailable curcumin formula for superior absorption

Curcumin Essentials is a highly bioavailable formulation containing a unique combination of three health-promoting compounds known as "curcuminoids," which are derived from turmeric root: namely, curcumin, bisdemethoxy curcumin, and demethoxy curcumin. This comprehensive product also contains turmeric oil.

Turmeric is a bright yellow-orange spice popular as the main ingredient in Indian curry powders, and its high concentration of curcumin underlies the centuries-old use of this root in Ayurveda, traditional Indian medicine. The three curcuminoids in this product are the strongest, most protective and best researched constituents of turmeric root.

Naturally occurring turmeric root powder contains only 5-7% curcumin, while the blend in Curcumin Essentials is formulated to contain 70% curcumin (as part of a total of 95% curcuminoids). Thus, this product provides a much higher concentration of the active compounds than would typically be obtainable from food alone.

#### **HOW DOES Curcumin Essentials OFFER SUPERIOR ABSORPTION?**

Curcumin is made up of a crystalline structure that makes it difficult for the body to absorb. To overcome this hurdle, Curcumin Essentials is manufactured using an all-natural, patent pending process that helps to optimize the absorption of curcumin by the body. This delivery technology increases the absorption rate and reduces the absorption time for curcumin, and as a result, it may allow for superior effects through lower dosages.

#### **Curcumin Essentials MAY HELP TO SUPPORT:**

- A healthy inflammatory response
- GI health
- Immune system
- Endocrine system

- Brain health
- Cardiovascular system
- Liver health

#### **Benefits of Curcumin Essentials**

- Healthy Inflammatory Response Like other "warming spices," such as ginger, cinnamon, and cayenne, turmeric's complement of curcuminoids helps to support a healthy inflammatory response in the body.
- Immune Support A wealth of scientific research supports the benefits of curcuminoid compounds for assisting with a healthy immune system, along with its ability to support the body's natural defense against bacteria.
- Antioxidant Properties Curcumin is known to be a powerful antioxidant. Curcumin Essentials is unique in that it increases levels of a major metabolite of curcumin, known as "tetrahydrocurcumin," which has antioxidant effects greater than those of curcumin alone.

### Recommended Use:

Take one softgel per day with a meal, or as directed by your health care practitioner. Not recommended during pregnancy. Individuals on blood thinning therapy, or anyone with gallstones, ulcers, and GI inflammatory conditions should be monitored closely by their physician.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

