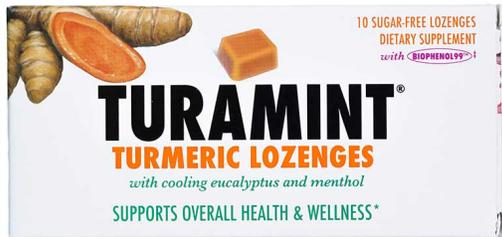




Turamint® -- with Curcumin-- the active ingredient in Turmeric



Curcumin is a biologically active compound found in turmeric, a spice derived from the rhizomes of the plant *Curcuma longa* Linn. Commonly consumed **in Asian countries where turmeric has been used to promote good health for centuries.***

Evidence from preclinical studies shows that curcumin exerts [antioxidant](#), [anti-inflammatory](#), [anticancer](#), and [neuroprotective activities](#) (to protect nerve cells against degradation and impairment of function.)

Current evidence suggesting that curcumin may help prevent and/or treat many forms of [cancer](#) and [type 2 diabetes](#) (see Blood Sugar Bully, above where curcumin is combined with Gymnema).

During laboratory tests with transgenic mice, curcumin was found **to cross the blood-brain barrier, bind to amyloid plaques, and block the formation of A β oligomers and fibrils.** Each of these are important process in proliferation of [Alzheimer's disease](#) (AD).

Curcumin was found to be as effective as lipid-lowering drug atorvastatin (10 mg/day) in reducing cholesterol, active for reducing markers of oxidative stress, and for retarding inflammation. Equally important, Curcumin improves the [endothelial function](#) for keeping blood vessels open.

In another study **45 [rheumatoid arthritis](#) patients, given curcuminoids supplements (0.5 g/day for eight weeks) were found to be as effective as diclofenac (NSAID; 50 mg/day) in reducing measures of disease activity, tenderness, and swelling joints.**

In a recent [randomized, double-blind, placebo-controlled trial](#) in 70 women [with PMS](#), the daily supplementation with 0.2 g of curcumin for 10 days, during three consecutive menstrual cycles, significantly reduced overall PMS severity and physical symptoms.

References for info on this page are found on the web page to U of Oregon, L Pauling Institute, below: <https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/curcumin#introduction>

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The information herein provided is for educational purposes only. Please consult your medical advisors to address your questions. Actual packaging may vary.