

Curcumin 95

90 vegetable capsules / Code FE1154



A food supplement that provides a standardised extract from **turmeric** (*Curcuma longa*) with a guaranteed **95% curcuminoid** content. New Roots Herbal's Curcumin 95 contains 500 mg of standardised extract in each capsule, which ensures a high potency.

HEALTH CLAIMS (EU Regulation 432/2012): *Turmeric is a plant that favours normal liver function and helps to protect cells from oxidative damage. Curcuminoids, such as the curcumin present in the plant, are associated with digestive comfort and also have a role in the normal inflammatory response.*



FORMAT: 90 vegetable capsules

FORMULA

Ingredients: Turmeric (*Curcuma longa*) root extract, anti-caking agents (magnesium salts of fatty acids and silicon dioxide), flavour (piperine from black pepper, *Piper nigrum*), vegetable capsule (glazing agent: hydroxypropylmethylcellulose, humectant: purified water).

Nutritional information:

	1 cápsula
Turmeric (<i>Curcuma longa</i>) (95% curcuminoids*)	500 mg
Piperine (from black pepper)	5 mg

*providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin.

Cautions:

Consult a health-care practitioner prior to use if you are pregnant, if you are being treated with medication (antiplatelet medication or blood thinners) or if you have a special medical condition (ulcers or gallstones).

Recommended daily dose:

1 or 2 capsules daily. Do not exceed the stated recommended daily dose.

Indications and uses:

- As an anti-inflammatory.
 - It is useful in cases of rheumatoid arthritis and arteriosclerosis.
 - Promotes the proper functioning of the liver.
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DETAILS:

Curcumin 95 is a standardised extract from turmeric root (*Curcuma longa*). This root has been used since ancient times as seasoning and for its medicinal properties.

Of its active ingredients, curcumin is the one with the most activity. Moreover, turmerine and essential oils also play an important role in the beneficial effects of this plant on the body.

It favours normal liver function and helps to protect cells from oxidative damage. Curcuminoids are associated with digestive comfort and have a role in the normal inflammatory response.

The main function of piperine in this product is to increase the absorption of turmeric, enhancing the positive effects of curcuminoids.

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INGREDIENTS:

TURMERIC: This is a powerful antioxidant that inhibits the production of free radicals, removes them from the body and promotes the production of endogenous antioxidants (glutathione). It also helps prevent and neutralise lipid peroxidation involved in the onset and development of degenerative diseases in organs and tissues ^(1,2).

Turmeric is also a plant has liver protection characteristics and that ensures increased bile production and secretion, prevents damage to sensitive body tissues caused by excess oestrogen and protects the liver against harmful substances. It consequently helps to promote liver cell membrane stabilisation and inhibits lipid peroxidation during liver inflammation. Cleansing the blood and liver is essential to protect against advanced tumour growth.

As a natural anti-inflammatory, turmeric inhibits the release of inflammatory mediators (prostaglandins, thromboxanes and eicosanoids), providing similar benefits to cortisone, but without the toxicity. It is a natural inhibitor of the COX-2 enzyme which facilitates or induces the development of cancer ⁽³⁾.

The most recent scientific research on this plant focuses on its promising antimutagenic, anticancer and antimetastatic activity. A growing number of studies assessing the important role of turmeric in the fight against cancer have already defined it as a broad-spectrum anti-cancer agent that has enzymes with detoxifying properties, highlighting its potential as a preventive agent against chemical carcinogenesis and other forms of electrophilic toxicity. In addition to its properties as an antimutagen (reducing the mutation of cells exposed to cancerous substances), as a cell protector (especially of DNA) and as a detoxifier, studies indicate that turmeric slows down the development and growth of various types of cancer cells. Its anticancer effect is shown especially in its ability to interfere against melanoma cells by promoting apoptosis or the process of self-destruction of these cells ⁽⁴⁻⁶⁾.

Numerous scientific studies demonstrate its powerful antioxidant, anti-inflammatory and anti-cancer properties. It also has antimicrobial (Salmonella, Helicobacter pylori and HIV-1 virus), antifungal (topical use) and antiparasitic effects and is beneficial for maintaining a healthy colon and cardiovascular system and as an immune modulator. Several laboratory studies have focused on its neuroprotective activity in the treatment of Alzheimer's disease by inhibiting the formation of amyloid plaque ^(1,2).

PIPERINA: cuando se consume cúrcuma por vía oral, tiene una biodisponibilidad pobre, debido a su rápido metabolismo en el hígado y en la pared intestinal ⁽²⁾. La piperina aumenta la concentración en suero, el grado de absorción y la biodisponibilidad de la curcumina.

Además, presenta propiedades antioxidantes y analgésicas e incluso hepatoprotectoras, ayudando a aliviar el daño de la mucosa gástrica causada por úlceras pépticas ^(7,8).

PIPERINE: Turmeric, when consumed orally, has poor bioavailability due to its rapid metabolism in the liver and intestinal wall ⁽²⁾. Piperine increases the serum concentration, the degree of absorption and the bioavailability of curcumin.

It also has antioxidant, analgesic and even hepatoprotective properties, helping to alleviate gastric mucosal damage caused by peptic ulcers ^(7,8).

ReferenceS:

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- 3) Ramsewak, R. S., D. L. DeWitt, and M. G. Nair. "Cytotoxicity, antioxidant and anti-inflammatory activities of curcumins I-III from *Curcuma longa*." Phytomedicine 7.4 (2000): 303-308.
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- 5) Chainani-Wu, Nita. "Safety and anti-inflammatory activity of curcumin: a component of tumeric (*Curcuma longa*)." The Journal of Alternative & Complementary Medicine 9.1 (2003): 161-168.
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- 7) Shoba, Guido, et al. "Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers." Planta medica 64 (1998): 353-356.
- 8) Gülçin, İlhami. "The antioxidant and radical scavenging activities of black pepper (*Piper nigrum*) seeds." International journal of food sciences and nutrition 56.7 (2005): 491-499.