

Your Health

Supplement Your Health With Curcumin

(NAPSA)—It could be a healthy idea to take a new look at an old spice.

The Root of the Situation

Turmeric, a tropical root and pungent spice used in Indian and Southeast Asian recipes to add a wonderfully nutty flavor, it seems, can also deliver a smorgasbord of powerful health benefits. The main bioactive compound in turmeric is called curcumin. It's impressing scientists around the world with its ability to ease inflammation, promote healthy cell growth, protect against infections and improve heart health.

The Benefits

Modern science has found that curcumin has remarkable properties for improving health.

Studies suggest inflammation results from the overexpression of a protein molecule called nuclear factor-kappa B (NF-kappaB). Curcumin has been found to inhibit NF-kappaB activation within the body. Clinical trials also show it can help maintain healthy bowel and joint functions and normal platelet function and inhibit histamine. It may even contribute to supporting healthy brain function. Curcumin's multifaceted effects also include protecting against estrogen-mimicking chemicals, protecting against free radicals, and promoting normal cell cycle growth while effectively supporting pancreatic health.

The Problem

Unfortunately, curcumin is poorly absorbed into the bloodstream.

An Answer

To help, a patented formula has been developed that is absorbed up to seven times better than conven-



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tional curcumin. This can be the most cost-effective way to supplement with this critical nutrient.

One 400-mg capsule a day of Super Bio-Curcumin turmeric compound can provide curcumin blood levels equal to ingesting 2,500 to 2,800 mg of commercial curcumin supplements. In addition, the curcumin remains in the bloodstream almost twice as long as conventional supplements. This enhanced absorption delivery complex provides other beneficial turmeric compounds in addition to standardized curcumin. Each capsule of Super Bio-Curcumin from Life Extension is equivalent to 2,772 mg of a typical 95 percent curcumin extract.

Learn More

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