

Turmeric is a natural root plant that is based out of India. *Curcumin* is the active ingredient which allows turmeric to act as an anti-inflammatory agent. Turmeric has been shown to have many benefits which include and are not limited to:

GENERAL HEALTH:

- curcumin can down regulate all anti-inflammatory pathways - cytokines, chemokines, growth factors, etc.
- inhibits NF-kB which normally results in chronic inflammation
- helps detoxify free radicals (which tend to promote inflammation, premature aging, etc.)
- promotes good liver health which in turn helps one's body detoxify
- curcumin increases serotonin (happy hormone), norepinephrine (improved memory and attention span), and dopamine (reward pathway)
- it is beneficial in the prevention of neurodegenerative disease - Alzheimer's, Parkinson's, etc.

CANCER:

- curcumin can cause cell death of malignant cancer cells
- curcumin can prevent the formation of new blood vessels by cancer cells (which decreases the risk for spread of cancer)

HEART DISEASE:

- curcumin has shown to affect the formation of atherosclerosis
- curcumin can inhibit platelet aggregation - therefore thins the blood
- it increases HDL while it decreases circulating cholesterol

DIABETES:

- curcumin supports the health of pancreatic islet cells
- it improves insulin sensitivity (diabetics are insulin resistant)

CONTRAINDICATIONS: BLOOD THINNERS - ANTICOAGULANTS and ANTIPLATELET MEDICATIONS, PREGNANCY. Please ask your Pharmacist.

INSTRUCTIONS:

*Take without food - either 20 minutes or longer prior to or 1 hour or longer after meal

Symptomatic protocol:

- *Day 1: Take 1 twice daily before or after meal
- *Day 2: Take 1 three daily before or after meal
- *For each subsequent day, add 1 capsule to each time to a maximum for 20/day while symptomatic

Asymptomatic:

Take one daily for all of the benefits

The Ingredient

- Trademarked BCM95® (Biocurcuma[®]), developed by the R&D lab of Arjuna Natural Extracts in India, is a reconstituted, purified and standardized extract of turmeric rhizome with a unique blend of essential oils (tumerones) and curcuminoids which enhances the absorption and efficacy of the curcumin.
- BCM95® contains 100% extract of turmeric rhizome with no inert ingredients added.
- Essential oils (tumerones) of turmeric rhizome have shown to have high bioactivity.
- Curcumin exhibits a wide array of biological activities and acts on multiple targets and at multiple levels.
- BCM95® overcomes the two major issues concerning curcumin:
 - Poor bioavailability
 - Short retention time in the blood

BCM95®	Turmeric 95%
7 times more bioavailability	Poor bioavailability
Longer retention time (up to 8-10 hours)	Short retention time (up to 3-4 hours)
High ORAC value (more than 12,000)	Low ORAC value (around 2000)

- One 400 mg dose of this bioavailability-enhanced turmeric extract is equivalent to taking 2,772 mg of standard "95%" curcumin extract.

Actions	Indications
• Antioxidant	• Cancer
• Anti-inflammatory	• Cardiovascular Disease
• Chemopreventive (cancer-preventive)	• Arthritis
• Antineoplastic (cancer-fighting)	• Alzheimer's
• Immunodulator	• Parkinson's
• Neuroprotector	• Diabetes
• Cholagogue and hepatic	• Liver conditions
• Antibacterial, antifungal, antiviral	• Multiple Sclerosis
• Vermifuge	• Cataracts
• Tonic	• Eczema, psoriasis, other skin conditions
• Carminative and stomachic	• Cystic fibrosis
• Anti-hepatotoxic	• Detoxification
• Anticoagulant, antifibrotic	• Infections including HIV, URTs
• Plus many more	• Plus many more

DISCLAIMER: Consult your Family Doctor and/or Pharmacist prior to use if you are taking medications. Use at your own discretion.