

Highly bioavailable curcumin formula for superior absorption

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WHAT IS CURCUMIN COMPLEX?

Curcumin Complex is a highly bioavailable proprietary blend of three bioactive curcuminoid compounds: curcumin, bisdemethoxycurcumin (BMC), and demethoxycurcumin (DMC), along with turmeric oil. Curcuminoids are derived from turmeric (*Curcuma longa*), which is traditionally used both as an herbal remedy and spice. It is most well-known for its role in supporting a healthy inflammatory response but may be especially supportive of athletes looking to support the health of muscles, promote recovery, and support vascular function.^{1,2} Design for Health's proprietary Evail™ emulsification technology is designed to enhance the bioavailability and absorption of bioactive ingredients.

FORMULA HIGHLIGHTS

- Provides 400 mg of curcuminoids per serving
- Contains a blend of three well-researched, targeted curcuminoids
- Formulated with the Evail™ emulsification technology that includes medium-chain triglycerides and quillaja extract for enhanced bioavailability and absorption
- Gluten-free, dairy-free, soy-free; non-GMO
- NSF Certified for Sport®

Curcumin Complex is a potent formula containing three bioactive, extensively researched curcuminoids. Curcuminoids have been extensively researched for their potential to support human health. DMC has been shown to support a healthy inflammatory process through its support of healthy cytokine function.* BMC has been shown to support cellular function and certain signaling pathways related to neurological health and a healthy response to oxidative stress.* Curcumin has been shown to exhibit a wide range of actions to support cellular health, cardiovascular function, healthy metabolism, and healthy neuro-inflammatory responses, along with helping to mitigate the adverse effects of oxidative stress.* All of these benefits may be supportive for athletes' performance and their overall wellness.*

MAY HELP MITIGATE MUSCLE SORENESS AND DAMAGE*

Curcumin may help support healthy inflammatory responses by promoting muscle health post-exercise.^{1,3,4} Intense exercise can increase the production of reactive oxygen species (ROS), free radicals, or reactive nitrogen species (NOS).⁵ In the long term, exercise-induced oxidative stress can play a healthy role in the body by stimulating muscle regeneration and increasing the endogenous antioxidant system capacity.^{5,6} However, in the

short term, exercise-induced oxidative stress may exceed the body's antioxidant status capacity, causing damage to cells and tissues and unhealthy inflammatory responses. This can impair normal muscle contraction, leading to muscle fatigue and reduced athletic performance. Muscle damage can lead to soreness, which is uncomfortable and can potentially interfere with performance until it resolves.⁷ A double-blind, randomized trial examined the effects of curcumin supplementation on delayed onset muscle soreness (DOMS) in a group of 19 healthy men. Participants supplemented 2.5 g twice daily of curcumin for 2 days before and 3 days after eccentric leg exercises, followed by a 14-day washout period. The results showed that at 24 and 48 hours post-exercise, those supplementing with curcumin led to moderate-large reductions in pain during exercise, along with reductions in inflammatory markers IL-6 and C-reactive protein (CRP) compared to taking the placebo, suggesting that curcumin helps promote a balanced inflammatory response associated with exercise-induced muscle damage.⁴



SUPPORTS EXERCISE PERFORMANCE AND RECOVERY*

Curcumin may help to attenuate the adverse effects of oxidative stress and the heightened inflammatory response associated with intense exercise.³ As seen in one double-blind, randomized study, 17 healthy men supplemented with either a placebo or 2.5 g 2 times per day of curcumin for two days before a single-leg jump performance and for three days after. The results showed that those taking curcumin experienced greater mitigations in muscle soreness, an inflammatory marker of muscle damage (creatine kinase), and increased jump height compared to the placebo group.⁴ Curcumin may help support healthy muscles, allowing athletes to return to training and experience improved performance sooner.⁸ A double-blind, randomized, placebo-controlled trial (n = 63) explored the effects of highly concentrated

curcumin supplementation (200 mg/day) on muscle function and recovery after exercise-induced muscle damage over eight weeks compared to low (50 mg) concentration or a placebo. After a strenuous downhill run, the high curcumin group experienced less performance decline and muscle soreness at 24 and 48 hours post-exercise compared to the other groups.⁸

MAY SUPPORT NORMAL BLOOD FLOW*

Supporting endothelial health and function is important for athletes and the general population alike, as healthy blood flow supports cardiovascular function in athletic performance and progressively declines with age.⁹ Curcumin may improve blood flow and vascular endothelial function.^{10,11} A controlled trial compared eight weeks of curcumin supplementation (150 mg/day) and aerobic exercise on vascular endothelial function in

32 post-menopausal healthy women. The participants experienced significant and comparable improvements in endothelial function from aerobic exercise and curcumin without aerobic exercise as seen in flow-mediated dilation.¹⁰

BENEFITS*

- Helps to mitigate delayed onset muscle soreness (DOMS)^{1,3,4}
- Helps support muscle performance following exercise-induced muscle damage^{4,8}
- Supports a healthy inflammatory response^{1,3}
- Supports vascular function^{2,10}

HOW TO TAKE

Take 1 softgel per day with a meal.



SUPPLEMENT FACTS

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Curcumin Extract Powder (<i>Curcuma longa</i>)(root)(containing 380 mg curcuminoids: curcumin, demethoxycurcumin, bisdemethoxycurcumin)	400 mg *

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, bovine gelatin, glycerine, turmeric oil, purified water, quillaja extract, beeswax, sunflower lecithin, DeltaGold® tocotrienols, annatto (color).

FEATURES PROPRIETARY EVAL™ EMULSIFICATION TECHNOLOGY

HIGHLY BIOAVAILABLE & EASILY ABSORBABLE*

PROPRIETARY BLEND OF THREE BIOACTIVE AND EXTENSIVELY RESEARCHED CURCUMINOID COMPOUNDS*

 SOY-FREE

 GLUTEN-FREE

 DAIRY-FREE

 0 GRAMS SUGAR

 NON-GMO

 HIGHLY ABSORBABLE*

*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.

References

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