

What is Curcumin?

Curcumin, a natural compound extracted from the root of the turmeric plant. It has powerful **anti-inflammatory** and **oxidation stress-fighting** properties.¹ Curcumin has recently emerged as a leading brain health-promoting supplement.

Curcumin Improves Critical Brain Connections

Curcumin promotes brain health by promoting the activity of **brain-derived neurotropic factor (BDNF)**. BDNF is a vital signaling factor that promotes the **growth and strengthening of nerve networks** vital to retaining cognitive and memory skills. It promotes neurite outgrowth, promotes brain-cell survival, and boosts synaptic plasticity—all of which help to build and maintain the nervous connections that let us learn, think, and remember.²⁻⁶

Curcumin inhibits the enzyme acetylcholinesterase, which helps **boost levels of the neurotransmitter acetylcholine** in synapses.⁷

Curcumin Fights Leading Brain Disorders

The various brain disorders share an important relationship, i.e. oxidative stress and inflammation. Curcumin has been shown to favorably affect the two critical processes and have potent neuroprotective properties in the leading brain disorders suffered by aging adults.

Curcumin & Depression

Researchers have discovered that major depression is associated with inflammation, oxidative stress, and microscopic-level brain-cell damage. Clinical studies show that curcumin supplementation **improved mood-related symptoms** on standard depression scales, **reduced the symptoms of anxiety**. No adverse events were reported in any of the trials, contrasting sharply with modern antidepressant drugs.⁸⁻¹¹

Support Brain Health with the Amazing CURCUMIN

Curcumin & Alzheimer's Disease

Clinical studies show that curcumin supplementation is able to protect the brain against cognitive decline by **lowering blood triglycerides, adhesion molecules and beta-amyloid plaque** involved in vascular disease, along with higher levels of catalase, a natural protective enzyme.¹²⁻¹⁴

Alzheimer's patients often have abnormal insulin signaling pathways. Curcumin helps to normalize those pathways that results in improved cognitive function, spatial learning, and memory.¹⁵

Curcumin & Parkinson's Disease

Curcumin **enhanced cell survival, reduced cell death** by apoptosis, and increased mitochondrial function—all important actions that provide both new life and renewed energy to afflicted cells.¹⁶ It has also reduced the behavioral manifestations of Parkinson's, while **increasing amounts of the neurotransmitter dopamine**.¹⁶

The Rationale of Supplementation

In its pure, natural form, curcumin has low bioavailability. It is important to choose a curcumin supplement that will be effective after consumption. **BCM-95®** is the validated bioavailable forms of curcumin.¹⁷

It is a patented formula that has been shown to have nearly **7 times greater bioavailability** than that of a standard extract of curcumin.¹⁷ A modest daily dose (400 mg of BCM-95®) makes it possible to achieve higher curcumin blood levels than other preparations.



1 capsule of Life Extension Super Bio-Curcumin provides 400mg of BCM-95®.

References

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