

WHAT IS CURCUMIN?

Curcumin, a natural compound extracted from the root of the turmeric plant. It is well known for its powerful **anti-inflammatory** and **oxidation stress-fighting** properties.

RHEUMATOID ARTHRITIS (RA) & OSTEOARTHRITIS (OA)

RA is an **inflammatory disease** that affects joints, but its impact is seen throughout the body. In RA, inflammation centers on the membranes lining the affected joints. OA, long thought to be a "degenerative" disease, is now recognized to have multiple inflammatory components. In OA, there is breakdown of the slippery cartilage that lines joints that is triggered by multiple pro-inflammatory signaling molecules. Over time, those inflamed membranes in both types of arthritis erode the cartilage that normally cushions the joint. The deformed and inflamed joints have limited movement and will cause excruciating pain, impairing quality of life.

CURCUMIN'S MULTIPLE MECHANISMS OF ACTION

Unlike single-targeted mechanisms of conventional drug treatments, curcumin acts through multiple pathways and on numerous targets to **limit the inflammatory response** (like TNF, NF-kB etc.) and the **growth of inflammatory cells** that are responsible for cartilage destruction that underlies both rheumatoid and osteoarthritis.²⁻⁴

As a potent antioxidant, curcumin also boosts natural antioxidant systems of cells.⁵

It **enhances natural detoxification system** of the liver.

By **slowing naturally occurring cell death in joint tissue**, curcumin can help preserve supple, youthful joints.⁶⁻⁹

Curcumin **inhibits the "cartilage-eating" enzymes**.^{10,11}

MANAGE JOINT PAIN WITH THE AMAZING CURCUMIN

CURCUMIN'S EFFECTIVENESS AGAINST ARTHRITIS

In clinical studies, supplementation of bio-enhanced curcumin in patients with arthritis showed experienced **significant improvements in their disease activity scores and joint functions**, significant reduction in overall joint swelling and tenderness. Impressive improvements in joint pain and swelling were matched by **changes in blood markers of inflammation**. indeed, on many of the study's measures, curcumin has not only shown to be more superior than standard anti-inflammatory drug, but outperformed the drug/curcumin combination experimental groups.^{12,13}

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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.¹⁴

It is a patented formula that has been shown to have nearly **7 times greater bioavailability** than that of a standard extract of curcumin. A modest daily dose (400 mg of BCM-95®) makes it possible to achieve higher curcumin blood levels than other preparations.¹⁴



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

