High Absorption Curcumin

INGREDIENTS

Doctor’s Best Curcumin C3 Complex® features a potent standardized extract of the curcumins from Curcuma longa root. Commonly known as turmeric, Curcuma longa has many culinary uses and is widely known as a spice imparting both color and flavor to curried dishes. It has likewise been appreciated for centuries in the Indian tradition of holistic health called Ayurveda. The known active components in Curcuma longa are a group of compounds collectively referred to as curcuminoids.

Cultivated widely in the tropical regions of Asia, Curcuma longa belongs to the ginger family. The underground rhizome of the plant is called “turmeric root.” Marco Polo described turmeric in his accounts of traveling through 13th century China. In addition to its popularity as a spice, turmeric is used as a preservative and as a coloring agent in foods and cosmetics due to the rich yellow color provided by its curcuminoids.

Turmeric is named in ancient Ayurvedic and Chinese herbal texts for its support of numerous areas of health. In Ayurveda, turmeric with its curcuminoids is well documented in helping to support respiratory health, maintenance of joint health, enhancement of liver health, and immune wellness. In Northern India, a tonic of fresh turmeric paste with ginger and honey is given to women after childbirth.

Although the term “curcumin” is sometimes used to describe all the curcuminoids from turmeric root, the curcumin compound is only the most prominent of the several naturally occurring curcuminoids in turmeric. Doctor’s Best Curcumin C3 Complex® is 95% curcuminoids, and includes the 3 major curcuminoids from turmeric: curcumin, demethoxycurcumin (DMC), and bisdemethoxycurcumin (BDMC). BioPerine®, an extract of black pepper fruit that contains 95–98% piperine, is added to enhance absorption of the C3 Complex.

Traditional Ayurvedic herbal formulas often include black pepper, and modern scientists who investigated its purpose in such formulas determined that piperine extracted from black peppers promotes intestinal absorption of simultaneously consumed substances. For curcumin, which by itself is poorly absorbed into the blood, concomitant administration of piperine with curcumin can increase the bioavailability of curcumin by 2000%. In a Curcumin C3 Complex® trial, one of the first to report on the analysis of

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 Capsules</th>
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<tbody>
<tr>
<td>Servings Per Container</td>
<td>60</td>
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<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Curcumin C3 Complex®</td>
<td>1000 mg</td>
</tr>
<tr>
<td>Turmeric extract (Curcuma longa) (root), standardized to contain 95% Curcuminoids, including:</td>
<td></td>
</tr>
<tr>
<td>Bisdemethoxycurcumin (2.2 - 6.5%)</td>
<td></td>
</tr>
<tr>
<td>Demethoxycurcumin (15 - 19%)</td>
<td></td>
</tr>
<tr>
<td>Curcumin (75 - 81%)</td>
<td></td>
</tr>
<tr>
<td>Black Pepper Ext. (Piper nigrum) (fruit)</td>
<td>6 mg</td>
</tr>
<tr>
<td>(standardized to contain 95% Piperine)</td>
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</tbody>
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† Daily Value not established.

Other Ingredients: Gelatin (capsule), microcrystalline cellulose, magnesium stearate (vegetable source).

Suggested Adult Use: Take 2 capsules daily with food, or as recommended by a nutritionally-informed physician.

WARNING: If you are pregnant, nursing, taking medications for diabetes or blood thinners, consult your physician before taking Curcumin.

Non-GMO / Gluten Free / Soy Free

This product contains natural ingredients that may vary in color. Store in a cool dry place.

1000mg, 120T

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<table>
<thead>
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<th>Serving Size</th>
<th>1 Tablet</th>
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<tr>
<td>Servings Per Container</td>
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</table>

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Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, magnesium stearate (vegetable source), silicon dioxide, hypromellose (coating).

Suggested Adult Use: Take 1 tablet daily with food, or as recommended by a nutritionally-informed physician.

WARNING: If you are pregnant, nursing, taking medications for diabetes or blood thinners, consult your physician before taking Curcumin.

Non-GMO / Gluten Free / Soy Free / Vegan

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* 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.
tissue curcumin levels in individuals taking curcumin, there was evidence that the curcumin made its way into the cell layer lining the colon.10

**BENEFITS**

Much of the knowledge base about the potential benefits of curcumin has been accumulated through a vast spectrum of preclinical study designs, from in vitro cell culture studies to animal studies that provide a model of how curcumin may work in the human body. Although there are exceptions, curcumin appears to be more bioactive than its sister curcumin DMC and BDMC in these types of research studies.11 Some evidence suggests that a combination of the three major curcumins is superior to curcumin alone.12

Supports healthy joint function*

In a randomized, double blind, placebo-controlled trial of 40 men and women, participants were given either placebo capsules or capsules containing 500 mg of Curcumin C3 Complex® and 5 mg of BioPerine.13 Capsules were taken three times a day (for a total of 1,500 mg of C3 Complex or placebo) for 6 weeks. Measures of joint function, joint comfort, and the quality of daily life were assessed using standardized, commonly administered questionnaires.

Compared with starting measurements, the group taking the curcumins experienced superior joint function and comfort in daily activities after 6 weeks; no significant change was seen in patients taking the placebo capsules. The group taking Curcumin C3 Complex® also experienced significantly greater joint function and comfort than the group taking the placebo. The frequency of side effects was no different between the two groups.

Several laboratory investigations point to possible mechanisms that might explain the actions of the curcumin seen in the Curcumin C3 Complex® trial. The curcumin may help to regulate immune system mediators involved in promoting healthy joint function.11 Group one of researchers found that the 3 major curcumins (curcumin, BDMC, and DMC) were the active agents supporting such desirable effects.15,16

Protects cells and tissues by fighting free radicals

The numerous beneficial effects attributed to turmeric root are related to the antioxidant properties of the curcumin it contains. This antioxidant activity can neutralize highly unstable molecules (free radicals) that threaten the integrity of cellular structures. Extensive research over the past quarter-century suggests that curcumin can help counter toxins, as well as influencing cell survival through other means.13,17 This was also shown recently in human lung cells exposed to Curcumin C3 Complex®.18 Other experimental research done with Curcumin C3 Complex® has validated its antioxidant activity when combined with piperine.19

Due to the potent radical-scavenging activity of the curcumin, cultured human skin cells subjected to free radical attack fared better when curcumin or a mixture of the three major curcumin was administered. Furthermore, the three curcumin combined had a greater effect than an equal amount of curcumin, which has led some scientists to claim a synergistic effect from the combination.20

Oral administration of curcumin in rats exposed to a commonly occurring neurotoxin supported the integrity of brain biomolecules (lipids) and promoted levels of glutathione, a major antioxidant present in the human body.21 This and other such preclinical studies suggest that the curcumin provide support for the body's innate antioxidant defenses.21,22

Curcumin C3 Complex® from Doctor's Best features an extract of turmeric root standardized to contain its three most prized compounds, with piperine added to enhance absorption. Known primarily for its radical-scavenging activity, this extract actually has a range of beneficial biochemical actions and has been shown to benefit joint health.

**SCIENTIFIC REFERENCES**


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