

Curcumin ES

More Bioavailable for More Healthy Benefits!

by Margy Squires

You know turmeric as the yellow-orange spice that gives curry its distinctive color and flavor. Turmeric's color comes mostly from curcumin, its principal and most active curcuminoid, extracted from the plant roots. While turmeric is native to and historically used in Indian Ayurvedic medicine as a blood purifier, digestion aid and liver tonic, the western world has only recently opened its eyes to this spicy plant's healthy benefits.

The list of what curcumin can do is long. Its activities include anti-inflammatory, antioxidant, anti-cancer, antiplatelet and antiviral. Curcumin is capable of protecting the liver and is bile stimulating. Based on its actions, curcumin is considered in the treatment of any condition with inflammation or oxidative stress which includes arthritis, high cholesterol, heart disease, AIDS, cancer, chronic pain, plus gall bladder and liver diseases. Quite a resume, don't you think?

But there's more to know. New evidence shows that the absorption of this medicinal plant is a question of what, when and why. *What* do you take: turmeric, curcumin or curcumin phytosome? *When* (how often) do you take it? *Why* is one better than the other?

Turmeric, Curcumin or Phytosome?

Confused about the difference between the three? First, there's about 2-5% curcuminoids in a typical turmeric root. In the *Encyclopedia of Popular Herbs*, a suggested dosing for turmeric supplement is about 8,000 to 60,000 mg to equal standard curcumin at 400-600 mg. And you will still need to take the dose three times a day! But more recent studies suggest that still is a too *low* estimate.

How do we know this? The evidence is in the clinical studies which now verify that doses of 3-8 grams of standard curcumin is needed to increase plasma levels. Anything less than 3.6 grams is not detected. These numbers suggest a problem with how curcumin is absorbed by the body.



Up to 30 fold more bioavailable

Enter Meriva® curcumin phytosome, formulated with a patented technology that “complexes” curcumin to a transport vehicle. A 2007 animal study testing Meriva® showed superior

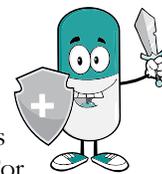
bioavailability and subsequent human studies demonstrated an almost 30-fold bioavailability. Both studies with Meriva® supplementation resulted in higher plasma concentrations of curcumin at a much lower dose than with standard curcumin.

What is in the phytosome?

The curcumin molecule is complexed to a molecule of phosphatidyl choline (PC). PC has the ability to transport curcumin efficiently across intestinal membranes and into the bloodstream where it can reach its necessary target. As the major lipid in all cell membranes, PC is a required building block to build and repair them as well. Using PC as a transport therefore makes perfect sense as it's natural to the body and readily accepted by the cells.

Antioxidant for Oxidative Stress

You cannot live without oxygen but free radicals often are the result of the oxidative process. Damage to cells and tissues by these radicals is implicated in many health conditions. For example, when your immune system responds to an injury, infection or trauma to a tissue, inflammation occurs as part of the innate process. While some inflammation is necessary to heal, chronic inflammation can cause more damage and prolong pain. Curcumin's antioxidant action helps reduce existing free radicals and minimizes the inflammatory response to foster healing. Since aging is blamed on free radical damage, age related disorders such as arthritis respond to curcumin.



Anti-inflammatory & Pain Agent

Besides flexing its antioxidant influence, curcumin appears to positively affect the inflammatory response by interfering with the synthesis of several inflammatory prostaglandins and leukotrienes. In a 2013 double-blind study in patients with rheumatoid arthritis, curcumin was as effective as an NSAID prescribed for analgesic and anti-inflammatory properties. Although the NSAID has been removed from US markets due to side effects in 2015, curcumin's safety profile is well known.



Part of curcumin's pain relieving properties may be its ability to deplete nerve endings of substance P, the neurotransmitter responsible for sending pain messages, a trait similar to capsaicin. Although no studies have been done yet, could it help fibromyalgia as some have elevated substance P in this amplified pain syndrome?

Continued

Curcumin ES

continued

The Osteoarthritis Connection

Many of the early studies demonstrated standardized curcumin's anti-inflammatory and antioxidant action even at the higher 8,000 mg a day. Three studies with Meriva® curcumin phytosome were specific to osteoarthritis with resulting muscle soreness and stiffness reduced, and increased physical function to improve quality of life at 1,000 to 2,000 mg a day.

Heart Friendly

One of the hallmarks of cardiovascular or heart disease is narrowing of arteries due to plaque buildup caused by oxidized cholesterol in the blood and/or platelets "sticking" together. Curcumin lowers levels of blood lipid peroxides, a marker of oxidized cholesterol. In addition, curcumin discourages platelet aggregation or "stickiness" that also interferes with arterial blood flow, while encouraging enzymes that create the opposite effect. As an antioxidant, curcumin may also prevent blood vessel damage as well.

Eye Health

Uveitis, an inflammatory condition of the eye, responds to Meriva®. This one year study of 106 patients who took 600 mg twice daily prompted the researchers to state that Meriva® reduced "eye discomfort symptoms and signs after a few weeks of treatment in more than 80% of patients." They further stated how this "points out other promising curcumin-related benefits in eye inflammatory and degenerative conditions, such as dry eye, maculopathy, glaucoma, and diabetic retinopathy."

Well Studied

Although the chemical structure of curcumin was determined in 1910, only recently has its immense potential for health been realized. Apparently curcumin is multi-faceted, improving osteoarthritis scores, eye health, reducing inflammatory markers, influencing immunity and even showing anti-cancer activity. There are more than 4,000 papers and the evidence of curcumin's capabilities is growing! You'll find highlights of studies with Meriva® for specific conditions, along with the doses used, in the chart below

Continued

THE STUDIES

Diabetic Microcirculation

A known diabetes risk is damage to small blood vessels known as microangiopathy which may lead to diabetic retinopathy (blindness), peripheral neuropathy (pain) and nephropathy (kidney failure). When 25 diabetic patients were given Meriva® for 4 weeks *all* showed significant improvement in microangiopathy, better blood and oxygen flow to the feet and decreased swelling. A similar study (4 weeks, same dose) on 38 diabetic patients evaluated microangiopathy scores as well as retinopathy and visual acuity. All values were improved with Meriva®. Source: *Panminerva Med* 2011 & *Panminerva Med* 2012 **Study Dose: 500 mg twice daily**

Treating Osteoarthritis (OA)

When 50 OA patients took only 500 mg twice a day for 3 months, they had a 58% decrease in WOMAC scores, an arthritis index that evaluates pain, stiffness and physical functioning of joints. Study authors concluded Meriva® "clinically effective in the management and treatment of OA", citing the stability and bioavailability of Meriva® as the explanation. A second, corroborating study by the same authors of 100 patients for 8 months resulted in "significant improvements" again with Meriva® and "this, coupled with excellent tolerability, suggests that Meriva® is worth considering for the long-term complementary management of osteoarthritis." Source: *Panminerva Med* 2010 & *Altern Med Rev* 2010 **Study Dose: 500 mg twice daily**

Pain Relief Rivals Tylenol®

The pain-relieving properties of Meriva® were compared to acetaminophen (Tylenol®) and the NSAID nimesulide in a blinded study. The 15 patients were given 1.5-2 grams (g) Meriva®, 1 g acetaminophen or 100 mg nimesulide for episodes of pain. When compared for efficacy and tolerability, "Meriva® showed clear

analgesic activity, comparable with that of a standard dose (1 g) of acetaminophen," the researchers said, and its "gastric tolerability was significantly better than that of nimesulide." Source: *J Pain Res* 2013 Editor Note: The use of nimesulide has been banned in the U.S. due to its adverse effects on the liver (failure). Chronic use of Tylenol® also affects liver health. **Study Dose: 1.5-2 g (1,500-2,000 mg) daily**

Eye Uveitis

A 12 month study of 106 patients with uveitis took 600 mg of Meriva® twice daily. The researchers stated that Meriva® "was well tolerated and could reduce eye discomfort symptoms and signs after a few weeks of treatment in more than 80% of patients." They further stated the results show "curcumin-related benefits in eye inflammatory and degenerative conditions, such as dry eye, maculopathy, glaucoma, and diabetic retinopathy." Source: *Clinical Ophthalmology* 2010 **Study Dose: 600 mg twice daily**

Muscle Soreness & Muscle Wasting

Delayed muscle soreness after exercise occurs due to inflammation. In a short 4 day test, 20 healthy males given Meriva® 1 g twice daily pre and post a running exercise showed less muscle injury and pain by subjective reporting, tissue and lab testing. Muscle wasting (sarcopenia) has inflammatory expressions. Functional and biochemical markers were evaluated in subjects 65 years and older who exercised for 3 months with either curcumin, proteins or curcumin with supplements. Researchers conclude the addition of 500 mg Meriva® to 2 of the groups "contributes to improve strength and physical performance in elderly subjects, potentially preventing sarcopenia". Source: *J Inter Soc Sports Nutr* 2014 & *Eur Rev Pharm Sci* 2016 **Study Doses: 1 g twice daily for Soreness & 500 mg daily for Wasting**

Curcumin ES

continued

What about safety?

The company that makes Meriva® has a 90 year history of gleaning the best from botanicals, preserving the active ingredients and formulating natural complexes. The safety and effectiveness of Meriva® are supported by 24 clinical trials, the most recent in 2016. Plus curcumin itself has an excellent safety record as a medicinal.



Summary

To get the many health benefits of Curcumin, choose the one you can absorb the best. The new phytosome complex improves absorption almost 30 fold over standard curcumin supplements. That means less dosing to be effective. So look for Meriva® patented phytosome to get the curcumin that delivers and get the best!

©TyH Publications (M. Squires)

For informational purposes only and not intended diagnose, cure, treat or prevent any medical condition.

Read more! *The Many Benefits of Curcumin* in the TyH Online Library.

Health
POINTS

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail editor@e-tyh.com. For information on TyH products, visit our website at www.e-tyh.com