

Theracurmin® 2X

About Theracurmin

- Theracurmin is a special extract from the spice turmeric (*Curcuma longa*) containing a standardized amount of curcumin in a base of naturally occurring emulsifiers.¹
- Curcumin helps organize the body's response to cellular damage, clears cellular debris, and helps support natural anti-inflammatory pathways.^{*2-4} It may also help support joint health and mobility.*
- Theracurmin's curcumin preparation utilizes an advanced manufacturing technique to reduce curcumin's particle size, dramatically increasing its solubility and bioavailability.^{*6} Consequently, Theracurmin exhibits a much higher absorption efficiency than other regular form curcumin brands.^{*7}
- Curcumin helps support cardiovascular health by helping to maintain LDL (bad cholesterol) already within the normal range.^{*8} Curcumin may also provide antioxidant activity.^{*2} Curcumin may help support neurological health by maintaining beta amyloid levels within the normal range.^{9,10}

How to Use Theracurmin

- 1 capsule per day or as directed by a health care professional.

Cautions and Contraindications

- Consult a health care professional prior to use if you are pregnant, are taking antiplatelet medication or blood thinners, have gallstones, a bile duct obstruction, stomach ulcers or excess stomach acid. Keep out of reach of children.¹¹

Drug Interactions

- Curcumin may inhibit blood clotting ability which may increase bleeding times. Theracurmin should not be taken in conjunction with other drugs that inhibit clotting, including aspirin, clopidogrel (Plavix), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, ticlopidine (Ticlid), and warfarin (Coumadin).¹² Consult a health care professional prior to use if undergoing chemotherapy as curcumin has been shown to enhance the effect of some chemotherapeutic medications, as well as inhibit the effect of others. A reduction in the dose of medications used to treat diabetes may be necessary as curcumin enhances the effect of insulin.

Quick Tips for Optimal Health

- Weight management is critical for supporting optimal cardiovascular health and metabolism.* Focus on maintaining an optimal healthy body weight not allowing excess abdominal fat.*¹³ Use a highly soluble fiber supplement designed to help improve satiety and manage healthy body weight.¹⁴
- Eat a low-glycemic index (GI) and volumetric diet to support blood sugar control already within the normal range.* A decreased sensitivity or responsiveness to insulin leads to elevations in blood sugar already within the normal range and increases oxidative (free radical) stress.*^{15,16}
- Eat richly colored fruit and vegetables (8-10 servings per day). Diets rich in plant pigments, especially flavonoids, found in soy, apples, berries, and other fruit and vegetables help support natural anti-inflammation pathways.*¹⁷
- Reduce your omega-6 fatty acids. To help organize the body's response to cellular damage, it is a good idea to reduce meat and dairy intake, as well as eliminate common sources of omega-6 fats, including soy, safflower, sunflower, and corn oil.*¹⁸
- Increase your omega-3 fatty acids. A high-quality fish oil supplement providing between 1000 mg and 3000 mg of EPA+DHA may help clear cellular debris.*¹⁹ Eliminate margarine and other foods containing trans fatty acids and partially hydrogenated oils.^{20,21}
- Daily aerobic exercise has been clinically shown to help organize the body's response to cellular damage.*²²
- Research shows that 4 tablespoons of sesame seeds (40 g or approximately 1.5 oz) may help support joint health and mobility.*²³

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has 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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