

Cure-Q-Min, NPN 80031795

60 capsules, Potent Anti-Inflammatory / Antioxidant, Stock No. 755-6

Nature's Sunshine's Cure-Q-Min contains a standardized extract of turmeric rhizome (root) that provides 400 mg of curcuminoids per capsule. "Curcuminoids" is the term used to refer to the major active constituents of turmeric root. These compounds are responsible for the intense yellow pigment of turmeric roots.¹

The powdered rhizome of turmeric has been used for centuries in India as a spice and is consumed as a regular part of the diet, at approximately 2-2.5 grams daily for an adult. This amount would provide approximately 40-100 mg of curcumin (powdered turmeric root contains about 2-4% curcumin). In traditional Ayurvedic medicine, it has been used to assist rheumatic and inflammatory conditions, support digestive, liver and gall bladder health, and as a blood purifier and general tonic.²

Did you know?

Ongoing and cumulative studies have revealed that curcumin has powerful properties that have a beneficial effect on pain and inflammation. In fact curcumin has been shown to exert such a broad range of beneficial effects on various conditions that it has been referred to as the "pre-clinical cure-all."

Many of curcumin's beneficial effects are attributed to its antioxidant and anti-inflammatory effects. Numerous animal, pre-clinical and clinical studies have demonstrated that curcumin has antioxidant, immune-modulating and anti-inflammatory activity. Curcumin is a potent free radical and nitric acid scavenger, helping protect cellular membranes in oxidative stress-mediated conditions. Curcumin inhibits several enzymes that mediate inflammatory processes, such as COX-2.

It is becoming common knowledge that states of lingering low-grade inflammation are involved in many disease conditions and that dampening down the inflammatory process provides benefits for long-term health.^{1,3}

NSP Advantage

Cure-Q-Min capsules contain 400 mg of curcuminoids provided by the internationally-recognised Curcumin C3 Complex®. This ingredient is patented for its unique composition ratio of the bioactive curcuminoids (95%) extracted from turmeric roots. The name C3 Complex is in reference to the high level of consistency, quality and integrity of the three main antioxidant and protective compounds found in turmeric root, collectively known as curcuminoids. Curcumin C3 Complex® is highly regarded in the clinical literature for consistency, quality and integrity. It has been the clinical trial material of choice for a significant number of research studies investigating its protective, antioxidant and inflammation-mediating effects.

Ingredients: Medicinal Ingredients: Each capsule contains *Curcuma longa* (curcumin) rhizome 400 mg. Non-medicinal Ingredients: Gelatin, microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

Recommendation: Take one capsule three times daily.

Risk Information: Consult a health care practitioner prior to use if you have stomach ulcers, excess stomach acid, gallstones, bile duct obstruction or if you are pregnant, taking antiplatelet medication or blood thinners. If using for the relief of joint inflammation, consult a health care practitioner if symptoms persist or worsen.

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References:

1. Chainani-Wu, Nita. 2003. 'Safety and Anti-Inflammatory Activity of Curcumin; a Component of Turmeric.' J. of Alternative and Complementary Medicine. Vol.9, no. 1, pp. 161-68.
2. Kapoor, LD, 2001, Handbook of Ayurvedic Medicinal Plants. CRC Press, London.
3. Menon, VP & Sudheer AR 2007, 'Antioxidant and anti-inflammatory properties of curcumin' Adv Exp Med Biol, no. 595, p.105-25.

Features & Benefits

- Provides antioxidants for the maintenance of good health.
- Used in Herbal Medicine to help relieve joint inflammation.