

Tumeric Extract

5102 – 120 vegetarian capsules

Turmeric Plays Role in Cardiovascular and Joint Health

The Possible Benefits of Tumeric Extract, a Dietary Supplement

Provides support for healthy joints and a healthy heart. (98% curcuminoids).

Description

Cardiovascular Health

Turmeric exhibits powerful anti-coagulant properties due to its ability to inhibit the formation of fibrinogen, a plasma protein that plays a key final role in the cascade that results in blood clotting. Elevated fibrinogen blood levels have been identified in a number of studies to be a major risk factor for coronary heart disease and cerebrovascular disease (strokes), exceeding the contributions of homocysteine, cholesterol and other lipid parameters in the pathogenesis of these diseases.



Turmeric can reduce fibrinogen levels, thereby inhibiting blood clotting. In one study by scientists in Spain, researchers selected eight subjects with elevated fibrinogen levels and treated them with 20 mg of *Curcuma longa* (turmeric) extract per day. After only 15 days, previously elevated levels of fibrinogen plummeted in all eight subjects.

Joint Health

In a new study using an animal model of rheumatoid arthritis (RA) indicates that turmeric can improve joint health and reduce markers of inflammation.

Researchers injected a curcuminoid-containing turmeric extract into female rats prior to or after the onset of induced arthritis. The researchers then measured turmeric's efficacy in preventing joint swelling and destruction. The researchers also sought to determine turmeric's possible mechanism of action. Results indicated that turmeric profoundly inhibited joint inflammation and periarticular joint destruction in a dose-dependent manner. In rats given turmeric, cartilage destruction in the tibia was reduced by 66 percent, and thigh bone mineral density (BMD) destruction by 57 percent, compared to rats given the control solution.

In vivo treatment also prevented local activation of the inflammatory marker NF-kappaB and the subsequent expression of NF-kappaB-regulated genes that mediate joint inflammation and destruction. Consistent with these findings, other indicators of inflammation, including the influx of inflammatory cells to the joints, levels of prostaglandin E in the joints, and formation of periarticular osteoclasts (bone destroying cells) were inhibited by turmeric extract. According to the researchers, "These translational studies demonstrate in vivo efficacy and identify a mechanism of action for a well-characterized turmeric extract that supports further clinical evaluation of turmeric dietary supplements in the treatment of RA."

Reference:

Funk JL, Frye JB, Oyarzo JN, Kuscuoglu N, Wilson J, McCaffrey G, Stafford G, Chen G, Lantz RC, Jolad SD, Solyom AM, Kiela PR, Timmermann BN. Efficacy and mechanism of action of turmeric supplements in the treatment of experimental arthritis. *Arthritis Rheum.* 2006 Oct 30;54(11):3452-3464.

* As per US federal guidelines, we need to inform you that 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.