

Forgetfulness

Up to 28% improvement in memory performance after 18 months of use of 180 mg curcumin in people with incipient forgetfulness.

Curcumin supports brain and nerves: increased memory performance by up to 28%.

Curcumin - a main active ingredient of turmeric- is particularly valued for its anti-inflammatory, antioxidant and immunomodulatory properties. However, curcumin also protects the brain from nerve damage.


A group of scientists studied the effect of curcumin on the accumulation of amyloid and tau proteins, which are known to destroy nerve cells. The results of this long-term study are more than promising: 40 cognitively intact individuals aged 51–84 years participated in an **18-month** study. The daily intake of 180 mg curcumin resulted in significant **improvements in their memory function and alertness by 28%** compared to placebo.

These improved cognitive functions are explained by the anti-inflammatory effects of curcumin and the decrease in plaque formation in the brain areas that are responsible for mood and memory.



Curcumin proves to be a potent nutrient for the brain and nerves, helping to boost memory and attention.

References: <https://www.sciencedirect.com/science/article/pii/S1064748117305110?via%3Dihub>



AD

The effective way of curcumin supply

Biogena Curcuma 500 is a blend of the standardized and clinically proven special extract Curcumin C3 Complex® and black pepper extract (BioPerine®) to support healthy vascular system, as well as healthy cell, liver, colon and pancreas function. Research reveals that BioPerine® enhances the absorption of curcumin in the body.

