

High Absorption Curcumin C3 Complex – a nutritionist’s guide

We have prepared some additional information about this product, which you may find useful for achieving optimal results with your nutrition regime.

Dosing guidelines

We recommend that adults take 1 capsule daily with food. For additional support, take 1 capsule twice daily as a split dose. Do not exceed the maximum dose.

Can you open the capsules?

Curcumin has a yellow-orange colour and can easily stain. For this reason, we advise against opening the capsules.

Feeling the benefits

There is no ‘set time’ to notice the benefits of *High Absorption Curcumin C3 Complex*; how quickly you feel benefit or improvement largely depends on the severity of any symptoms, as well as the reason behind supplementation. While some may notice immediate benefits, others may take time before observing improvements. This very much depends on individual variability and environmental factors.

It may be helpful to record your reasons for taking *High Absorption Curcumin C3 Complex* (e.g. symptoms), and scoring them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your health.

The safety of High Absorption Curcumin C3 Complex

There are many wonderful benefits of taking curcumin and, fortunately, it can be tolerated in rather high doses (up to 8 grams of standard curcumin per day, short term) without negatively affecting health. It is also compatible with most prescription drugs, herbs and other supplements, but as with any dietary supplement, please consult your physician before use if you are pregnant or breastfeeding, have a medical condition, or are taking any medication.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Require more intensive support?

Unformulated curcumin is unstable, insoluble, rapidly metabolised and quickly excreted. To overcome this, *High Absorption Curcumin C3 Complex* uses a unique hydrogel dispersal technology to increase the stability and solubility of curcumin for enhanced absorption. If you are looking for more intensive support, we recommend *Longvida Optimised Curcumin* which overcomes the stability and solubility issue whilst also staying in circulation up to 7 times longer and delivering free-form curcumin across the blood-brain barrier for brain health benefits.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine and the Igennus team