

Longvida Optimised Curcumin – 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 1 capsule daily. *Longvida Optimised Curcumin* can be taken with or without food.

Swallowing difficulties?

If you find swallowing capsules a challenge, feel free to empty the capsule contents and mix into food.

Not quite a full capsule?

Don't worry, the bulk density varies and we decided to fill the capsules to 75% rather than add in unnecessary fillers.

Feeling the benefits

There is no 'set time' to notice the benefits of *Longvida Optimised Curcumin*; 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, for others it 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 *Longvida Optimised Curcumin* (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 *Longvida Optimised Curcumin*

There are many wonderful benefits of taking curcumin and, fortunately, it can be tolerated in rather high doses. Please ensure you discuss supplementing curcumin with your GP if you are taking any prescription medication.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

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 askouexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team