

## Pure Curcumin BCM-95

Pure Micronutrients' Pure Curcumin BCM-95 is a Turmeric Concentrate supplement. This unique formula combines curcuminoids with the naturally occurring essential oils that are present in the turmeric root. This blend has been found to greatly increase the bioavailability of the curcumin, enabling it to stay in your body for longer, which means it is able to be more beneficial than ordinary turmeric!

### Suggested Serving:

As a dietary supplement, adults should take 2 tablets daily after food.

## Adverse Reactions

Turmeric is **LIKELY SAFE** when taken by mouth or applied to the skin appropriately for up to 8 months. Turmeric is **POSSIBLY SAFE** when it is used as an enema or a mouthwash in the short-term.

Turmeric usually does not cause significant side effects; however, some people can experience stomach upset, nausea, dizziness, or diarrhoea.

In one report, a person who took very high amounts of turmeric, over 1500 mg twice daily, experienced a dangerous abnormal heart rhythm. However, it is unclear if turmeric was the actual cause of this side effect. Until more is known, avoid taking excessively large doses of turmeric.

## Special Precautions & Warnings

### Pregnancy and breast-feeding:

During pregnancy and while breast-feeding, turmeric is **LIKELY SAFE** when taken by mouth in amounts commonly found in food. However, turmeric is **LIKELY UNSAFE** when taken by mouth in medicinal amounts during pregnancy. It might promote a menstrual period or stimulate the uterus, putting the pregnancy at risk. Do not take medicinal amounts of turmeric if you are pregnant. There is not enough information to rate the safety of medicinal amounts of turmeric during breast-feeding. Therefore, we would advise it is best not to use it if you are Pregnant or breast-feeding.

### Gallbladder problems:

Turmeric can make gallbladder problems worse. Do not use turmeric if you have gallstones or a bile duct obstruction.

### Bleeding problems: Interaction Rating: **Moderate**

Taking turmeric might slow blood clotting. This might increase the risk of bruising and bleeding in people with bleeding disorders.

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.



## **Diabetes:** Interaction Rating: **Moderate**

Curcumin, a chemical in turmeric, might decrease blood sugar in people with diabetes. Use with caution in people with diabetes as it might make blood sugar too low.

Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

## **A stomach disorder called gastroesophageal reflux disease (GERD):**

Turmeric can cause stomach upset in some people. It might make stomach problems such as GERD worse. Do not take turmeric if it worsens symptoms of GERD.

## **Hormone-sensitive condition such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids:**

Turmeric contains a chemical called curcumin, which might act like the hormone estrogen. In theory, turmeric might make hormone-sensitive conditions worse. However, some research shows that turmeric reduces the effects of estrogen in some hormone-sensitive cancer cells. Therefore, turmeric might have beneficial effects on hormone-sensitive conditions. Until more is known, use cautiously if you have a condition that might be made worse by exposure to hormones.

## **Infertility:**

Turmeric might lower testosterone levels and decrease sperm movement when taken by mouth by men. This might reduce fertility. Turmeric should be used cautiously by people trying to have a baby.

## **Iron deficiency**

Taking high amounts of turmeric might prevent the absorption of iron. Turmeric should be used with caution in people with iron deficiency.

## **Surgery:**

Turmeric might slow blood clotting. It might cause extra bleeding during and after surgery. Stop using turmeric at least 2 weeks before a scheduled surgery.

## **Sulfasalazine (Azulfidine EN-Tabs):**

Interaction Rating: **Moderate** Be cautious with this combination

Talk with your health provider.

Turmeric might increase how much sulfasalazine (Azulfidine EN-Tabs) the body absorbs. Taking turmeric while taking sulfasalazine (Azulfidine EN-Tabs) might increase the effects and side effects of sulfasalazine (Azulfidine EN-Tabs).

## **Talinolol:**

Eleuthero should not be used by people with blood pressure over 180/90. Eleuthero might make high blood pressure worse.

## **Mental conditions such as mania or schizophrenia:**

Interaction Rating: **Moderate** Be cautious with this combination

Talk with your health provider.

Turmeric might decrease how much talinolol the body absorbs. Taking turmeric while taking talinolol might decrease the effects and side effects of talinolol.

## **Docetaxel (Docefrez, Taxotere)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Turmeric might increase how much docetaxel (Docefrex, Taxotere) the body absorbs. Taking turmeric while taking docetaxel (Docefrex, Taxotere) might increase the effects and side effects of docetaxel (Docefrex, Taxotere).

### **Estrogens**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Large amounts of turmeric might have some of the same effects as estrogen. However, large amounts of turmeric are not as strong as estrogen pills. Taking turmeric along with estrogen pills might decrease the effects of estrogen pills.

Some estrogen pills include conjugated equine estrogens (Premarin), ethinyl estradiol, estradiol, and others.

### **Medications changed by the liver (Cytochrome P450 1A1 (CYP1A1) substrates)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Some medications are changed and broken down by the liver. Turmeric might decrease how quickly the liver breaks down some medications. Taking turmeric along with some medications that are broken down by the liver can increase the effects and side effects of some medications. Before taking turmeric talk to your healthcare provider if you take any medications that are changed by the liver.

Some medications that are changed by the liver include chlorzoxazone (Lorzone), theophylline, and bufuralol.

### **Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Some medications are changed and broken down by the liver. Turmeric might decrease how quickly the liver breaks down some medications. Taking turmeric along with some medications that are broken down by the liver can increase the effects and side effects of some medications. Before taking turmeric talk to your healthcare provider if you take any medications that are changed by the liver.

Some medications that are changed by the liver include clozapine (Clozaril), cyclobenzaprine (Flexeril), fluvoxamine (Luvox), haloperidol (Haldol), imipramine (Tofranil), mexiletine (Mexitil), olanzapine (Zyprexa), pentazocine (Talwin), propranolol (Inderal), tacrine (Cognex), zileuton (Zyflo), zolmitriptan (Zomig), and others.

### **Medications changed by the liver (Cytochrome P450 3A4 (CYP3A4) substrates)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Some medications are changed and broken down by the liver. Turmeric might decrease how quickly the liver breaks down some medications. Taking turmeric along with some medications that are broken down by the liver can increase the effects and side effects of some medications. Before taking turmeric talk to your healthcare provider if you take any medications that are changed by the liver.

Some medications that are changed by the liver include some calcium channel blockers (diltiazem, nifedipine, verapamil), chemotherapeutic agents (etoposide, paclitaxel, vinblastine, vincristine, vindesine), antifungals (ketoconazole, itraconazole), glucocorticoids, alfentanil (Alfenta), cisapride (Propulsid), fentanyl (Sublimaze), lidocaine (Xylocaine), losartan (Cozaar), fexofenadine (Allegra), midazolam (Versed), and others.

### **Medications moved by pumps in cells (P-Glycoprotein Substrates)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Some medications are moved by pumps in cells. Turmeric might make these pumps less active and increase how much of some medications get absorbed by the body. This might increase the amount of some medications in the body, which could lead to more side effects. But there is not enough information to know if this is a big concern.

Some medications that are moved by these pumps include some chemotherapeutic agents (etoposide, paclitaxel, vinblastine, vincristine, vindesine), antifungals (ketoconazole, itraconazole), protease inhibitors (amprenavir, indinavir, nelfinavir, saquinavir), H2 antagonists (cimetidine, ranitidine), some calcium channel blockers (diltiazem, verapamil), digoxin, corticosteroids, erythromycin, cisapride (Propulsid), fexofenadine (Allegra), cyclosporine, loperamide (Imodium), quinidine, and others.

### **Norfloxacin (Noroxin)**

Interaction Rating: **Minor** Be cautious with this combination

Talk with your health provider.

Turmeric might increase how much norfloxacin (Noroxin) the body absorbs. Taking turmeric while taking norfloxacin (Noroxin) might increase the effects and side effects of norfloxacin (Noroxin).

Paclitaxel (Abraxane, Onxol)

Interaction Rating: Minor Be cautious with this combination.

Talk with your health provider.

Turmeric might increase how much paclitaxel (Abraxane, Onxol) the body absorbs. Taking turmeric while taking paclitaxel (Abraxane, Onxol) might increase the effects and side effects of paclitaxel (Abraxane, Onxol). However, there is not enough information to know if this is a big concern.

