



# Supplement Spotlight: Meriva® Curcumin/Turmeric

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When it comes to versatile herbal supplements, the spice turmeric and its active components (curcuminoids) take center stage. The primary limiting factor to achieving therapeutic efficacy has been absorption of the active ingredients. Although many strategies have been utilized, the current use of a patented curcumin-phosphatidyl choline complex called Meriva® has clear superiority over other curcumin supplements.

With approximately six times the bioavailability of other products, please note that the following discussion pertains only to Meriva®, as the variability of absorption of ANY other curcumin product makes comparisons void of meaning. No, I have no affiliation with this company. Yes, other companies are copying this technology and in the future there may be better products!

There are over thirty molecular targets of curcumin focusing on a variety of anti-inflammatory, antioxidant, and pro-apoptotic mechanisms. This diversity of actions, coupled with almost no known toxicity, makes the curcuminoids ideal for the prevention and treatment of a myriad of conditions. The following is just a sampling of conditions with proven effects in double-blind placebo-controlled randomized clinical trials, or when noted trials in animals that have clear clinical applications. I am now giving Pub Med ID # (PMID) for relevant trials instead of a long reference section (that no one was reading!). Dosages for Meriva® are 500mg twice daily unless otherwise specified.

- Acute Pain: At a dose of 4 – 500mg capsules (and not less than this) Meriva® outperformed 1000 mg acetaminophen, and equivalent to NSAIDs for acute pain relief, with no toxicity. PMID 23526055
- Delayed Onset Muscle Soreness: 500 mg twice per day significantly improved exercise-induced muscle soreness! PMID 24982601
- Arthritis: For the long-term improvement of arthritis a dosage of 500 mg twice daily significantly improves quality of life. PMID 20657536
- Men's Health: Dramatic improvement in symptoms of benign prostatic hypertrophy (PMID 23241931), and multiple animal studies showing better treatment of **erectile dysfunction** than the standard drugs and significant improvement in **prostate cancer**.
- Diabetes/Metabolic Syndrome: For a great review documenting decreases in glucose and most every relevant diabetic parameter see PMID 24348712. And for anyone with effects on the retina, this study provides encouraging preliminary results: PMID 23241930
- Neurodegenerative Disorders: such as Parkinson's and Alzheimer's, compelling biochemical data and animal studies indicate that Meriva® may become the treatment of choice. Preventive/early symptomatic dosage 500 mg twice daily, for more advanced cases up to 1000 mg three times daily.
- Depression: As our understanding of depression grows, we now know that almost always an inflammatory condition underlies the neurotransmitter imbalances. Not surprisingly, Meriva® showed a significant improvement for depressed individuals: PMID 25046624

- **Cancer:** Most solid tumors respond dramatically in animal models, with the most compelling evidence in pancreatic, colon, breast and prostate cancers. Whether we will ever get adequate human trials remains to be seen. What we do have clear evidence of is the profound reduction of chemotherapy and radiation therapy side effects with a significant improvement in tumor responsiveness. Just one ref of many: PMID 23775598. When treating Stage III and IV cancers the dose can be increased to 5000-6000 mg per day and beyond.

In conclusion, Meriva® should be considered as a therapeutic option for anyone with an inflammatory condition. A balancing, safe supplement with no known drug interactions (any interaction listed on the so-called authoritative databases are unproven and theoretical), I take as part of my general health routine.

Your Journey to Health and Healing,  
Gary E Foresman MD