

Longvida Optimized 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

Some individuals take Longvida Optimized Curcumin for general health and wellbeing, whereas others use it for more intensive support; dosage recommendations therefore vary according to individual requirements. We generally recommend 1-2 capsules per day depending on symptom severity. Some people are highly sensitive to new supplements and changes to their diet; if this sounds like you, try starting with 1 capsule per day, before increasing to 2 per day after a week or so. If you're not so sensitive to change, it is perfectly safe to start with 2 capsules straight away.



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Nutritionist*

How to maximize absorption

Each capsule contains 500mg of Longvida Optimised Curcumin. Longvida enhances the bioavailability of curcumin, so if you are supplementing with 2 capsules, we would advise taking them separately to benefit from higher plasma levels *throughout* the day and night. We also recommend taking the capsules with 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 Optimized Curcumin; how quickly you feel a 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 Optimized 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 Optimized Curcumin

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 having a negative effect on 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.

Ask a nutritionist

Igenus nutritionists are available to answer any queries you may have about any of our products. You can contact us via the Igenus Healthcare Nutrition marketplace.

Wishing you health and longevity,

Maxine and the Igenus team

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.