



WWW.QNUTRAPHARMA.COM

*Platinum  
Excellence*

## CURQUUMAX

For joint pain management, reducing inflammation and natural pain relief

### Nutritional Information

One tablet provides:

Turmeric Extract	105 mg
Curcumin 100 mg	
DL Phenylalanine	250 mg
Black Pepper Extract	2.6 mg
Piperine 2.5 mg	

One to two tablets up to three times daily as required.



## SUMMARY

---

- Powerful combination of ingredients with anti-inflammatory, antioxidant and pain-relief properties.
- Supports the reduction of inflammation and pain, especially in arthritis patients.

## WHAT IS CURQUMAX?

---

Contains curcumin from the spice turmeric and the amino acid DL-phenylalanine along with piperine from black pepper. Curcumin found in turmeric contributes to the regulation of inflammatory immune responses and may support joint health. It has been shown to help with the management of pain in inflammatory diseases such as rheumatoid or osteoarthritis. The amino acid DL-phenylalanine elevates endorphin levels in the body, a consequence of which is to reduce the perception of pain.

## WHAT ARE THE PROPERTIES OF CURCUMIN?

---

Curcumin is highly active polyphenolic compound found in turmeric spice, a natural ingredient used for centuries in Asia for medicinal purposes.

**Anti-inflammatory:** The most recent scientific interest in curcumin has focused on its anti-inflammatory and antioxidant properties. Curcumin has proven anti-inflammatory properties through its effect on inflammatory pathways in the body.<sup>1, 2, 6</sup>

**Joint pain:** Pre-clinical studies and initial clinical trials have shown that curcumin may help in the management of a wide-range of inflammatory diseases, for example improving joint pain and function in rheumatoid and osteoarthritis patients.<sup>3, 4</sup> Curcumin also has antioxidant properties similar to other fat-soluble antioxidants such as vitamin E.

## WHAT ARE THE PROPERTIES OF DL-PHENYLALANINE?

---

**Mood enhancer:** DL-phenylalanine is a mixture of D-phenylalanine and L-phenylalanine. DL-phenylalanine can elevate endorphin levels in the body. Endorphins are natural “morphine-line” substances that reduce the perception of pain. L-phenylalanine produces phenylethylamine, a neuro-modulator that elevates mood.

**Pain relief:** The use of DL-phenylalanine for pain relief is highly recommended by some health practitioners due to the fact it is non-addictive and may be used in conjunction with more traditional pain relief medication. Unlike traditional pain relief medication its effectiveness may also increase over time.

## WHY DOES CURQUMAX CONTAIN PIPERINE?

---

Piperine, from black pepper, is included in the formulation due to its ability to increase the bioavailability and the effect of curcumin in the body.<sup>5</sup>

## HOW SHOULD CURQUMAX BE TAKEN?

---

One to two tablets up to three times daily, as required.

Effective dosages of CurQuMax vary from person to person, and it is recommended that the customer slowly increase the dosage, within the limits set out above, until they find the effective dose for their circumstances.

## ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING CURQUMAX?

---

A healthcare professional should be consulted before taking CurQuMax whilst taking any other medication.

CurQuMax is not recommended for individuals with heart disease or high blood pressure.

CurQuMax is not recommended for use during pregnancy or when breast-feeding.

## FEATURES

---

- Unique combination of turmeric and DL-phenylalanine
- Provides 100 mg of curcumin per tablet
- Contains piperine from black pepper for optimal curcumin utilisation

## HEALTH NEEDS

---



**JOINTS AND  
MUSCLES**



**SPECIALIST HEALTH**

## SCIENTIFIC REFERENCES

---

1. Altern Med Rev. 2009 Jun;14(2):141-53
2. Int J Biochem Cell Biol. 2009 Jan;41(1):40-59
3. Phytother Res. 2012 Nov;26(11):1719-25
4. J Altern Complement Med. 2009 Aug;15(8):891-7
5. Planta Med. 1998 May;64(4):353-6
6. Curr Drug Targets. 2011 March 1;12(3):332-347

