Curaphen®
60 count capsules (#60260) and 120 count capsules (#60220)
Technical Data Sheet

Overview:
Curaphen® is a combination of four clinically studied ingredients that are designed to address pain:† BCM-95® bioavailable curcumin, Bos-Pure® standardized boswellia extract, dl-phenylalanine, and nattokinase.

BCM-95® curcumin:
Curaphen® contains a uniquely bioavailable form of curcumin called BCM-95®. Curcumin is a compound from turmeric, used traditionally as a spice, food ingredient, and as a botanical in Ayurvedic medicine. Benefits associated with curcumin include: immune system modulation, protection from oxidative stress, and support for the body's natural inflammatory response.* However, although curcumin has shown great promise for these many benefits, it is not easily absorbed.† 1-8 Efforts to make curcumin more bioavailable have included standardization (to 95%), and combining with lecithin and/or piperine. While standardization is common, it still hasn’t resulted in absorption and plasma levels of curcumin needed to see the most benefit. In fact, clinical trials have used increasingly larger dosages (up to 10-12 grams daily) in order to get even a small amount into the bloodstream. Adding lecithin is one option that does increase absorption to a point (up to 5-fold in a small rat study), but piperine presents potential issues with significant prescription interactions and liver function. Fortunately, one curcumin extract – BCM-95® -- has been clinically tested and shown to have up to 10 times the bioavailability and greater blood retention time than standard 95% curcumin extracts, and 6.3 times more than curcumin complexed with lecithin and piperine.1,8 It is this curcumin formula that is featured in Curaphen.

Absorption:
This chart shows the difference in absorption between the BCM-95® and curcumin complexed with piperine or lecithin.1
### Ingredient | Purpose in Curaphen®
---|---
BCM-95® curcumin: Clinically tested and shown to have up to 10 times the bioavailability and greater blood retention time than standard 95% curcumin extracts, and 6.3 times more than curcumin complexed with lecithin and piperine. | Benefits associated with curcumin include: immune system modulation, protection from oxidative stress, and support for the body’s natural inflammatory response.* Inhibits multiple inflammation pathways in the body, including COX-2.¹⁻⁸

Bos-Pure® boswellia Boswellic acids are most associated with support of the body’s inflammatory response, but not all boswellic acids have beneficial effects. In fact, the presence of the less desirable beta-boswellic acid, can potentially promote, rather than block, inflammatory compounds. Bos-Pure® is screened in a manner that reduces beta-boswellic acid content to less than 5%, and assures that at least 15% or more of the extract includes acetyl-11-keto-β-boswellic acid (AKBA) – that greatly increases its benefit. Bos-Pure has up to a 2-fold greater impact on natural inflammatory factors compared to standard boswellia extracts.*⁹⁻¹⁰ | Helps reduce 5-LOX (lipoxygenase) activity, and works synergistically with curcumin to relieve pain.*⁹⁻¹⁰

DLPA (D,L-phenylalanine): The amino acid DLPA contains the “D” and “L” forms, and each contributes to the formula. | The “D” form of DPLA inhibits the breakdown of compounds called enkephalins, which are related to endorphins, and are associated with positive mood. Enkephalins are also shown to relieve occasional muscle pain due to exercise or

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**DLPA (D,L-phenylalanine): continued**

overuse. The “L” form improves mood-elevating chemicals in the brain, such as dopamine, epinephrine, and norepinephrine which can have a significant impact on pain.*

**Nattokinase:**
Nattokinase is an enzyme extract of the fermented soy food, natto.

Helps promote blood flow, aiding the other ingredients in Curaphen to reach all areas of the body.* Also helps support balanced fibrinogen levels in the body. Excess fibrinogen levels have been noted in post-exercise muscle pain and occasional muscle strain.

**Tested ingredients:**
The ingredients in Curaphen® are robust, well-studied and intended for everyday use. The charts above and below illustrate the differences between BCM-95 curcumin and Bos-Pure boswellia extract compared to commonly recommended preparations of the same botanicals.

**The Bos-Pure® difference:**

<table>
<thead>
<tr>
<th>65%-70% Boswellia Serrata Exacts</th>
<th>BOSPURE®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Boswellic Acids (also known as Total Organic Acids via Titration)</td>
<td>65%-70%</td>
</tr>
<tr>
<td>Total Boswellic Acids via HPLC</td>
<td>20-40%</td>
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<tr>
<td>Total Number of Boswellic Acids via HPLC</td>
<td>Total 6 Boswellic Acids</td>
</tr>
<tr>
<td>Types of Boswellic Acids via HPLC</td>
<td>1. β-Boswellic Acid</td>
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<tr>
<td></td>
<td>2. α-β-Boswellic Acid</td>
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<tr>
<td></td>
<td>3. II-Keto-β-Boswellic Acid</td>
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<tr>
<td></td>
<td>4. Acetyl-α-β-Boswellic Acid</td>
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<td></td>
<td>5. Acetyl-β-Boswellic Acid</td>
</tr>
<tr>
<td></td>
<td>6. Acetyl-II-Keto-β-Boswellic Acid</td>
</tr>
<tr>
<td>Acetyl-II-Keto-β-Boswellic Acid</td>
<td>1-3%</td>
</tr>
<tr>
<td>β-Boswellic Acid</td>
<td>15-25%</td>
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</tbody>
</table>

**Conclusion:**
A natural intervention to support the body’s own natural anti-inflammatory abilities is important for practitioners and patients alike. Curaphen provides the powerful ingredients necessary to be a professional pain formula.*†

†Occasional pain and inflammation due to exercise or overuse.

**Dosage:** 1 capsule 3 times daily or as directed by your healthcare professional.

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References:


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