<table>
<thead>
<tr>
<th>Product Name</th>
<th>Milligrams (Total Curcuminoids)</th>
<th>Potency Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin 750</td>
<td>500mg capsule = 475mg total</td>
<td>Potency: 95% (stated in Supplement Facts label)</td>
</tr>
<tr>
<td></td>
<td>750mg* softgel = 475mg total</td>
<td>*750 mg “proprietary complex” contains 500 mg curcumin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Potency: 95% (not in Sup. Facts, but branded ingredient is 95%)</td>
</tr>
<tr>
<td>Curcumin with piperine</td>
<td>500mg capsule = 475mg total</td>
<td>Potency: 95% (stated in Supplement Facts label)</td>
</tr>
<tr>
<td>Longvida®</td>
<td>500mg capsule = 100mg total</td>
<td>Potency: 20% (according to website—not in many Sup. Facts)</td>
</tr>
<tr>
<td>Solid Lipid Curcumin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Particle Technology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low dose, expensive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meriva®</td>
<td>500mg capsule = 100mg total</td>
<td>Potency: 18-20% (according to website—not in many Sup. Facts)</td>
</tr>
<tr>
<td>Curcuwin-Lecithin Phytosome Complex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low dose, expensive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curcuwin® UltraSol®</td>
<td>250mg capsule = 50mg total</td>
<td>Potency: 20% (according to website—not in many Sup. Facts)</td>
</tr>
<tr>
<td>Water Dispersion Nano Curcumin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low dose, very expensive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Solgar® NovaSol®</td>
<td>88mg softgel = 48mg total</td>
<td>Potency: 95% (total amount stated in Supplement Facts label)</td>
</tr>
<tr>
<td>Curcumin Micelles Nanoemulsion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liquid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very, very low dose and very, very</td>
<td></td>
<td></td>
</tr>
<tr>
<td>expensive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Theracurmin®</td>
<td>300mg capsule = 30mg total</td>
<td>Potency: 10% (on some labels, but—not in many Sup. Facts)</td>
</tr>
<tr>
<td>Water Dispersible Nano Curcumin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very, very low dose and very, very</td>
<td></td>
<td></td>
</tr>
<tr>
<td>expensive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turmeric with Native Curcumin</td>
<td>500mg capsule = 10mg total</td>
<td>Potency: about 2% (unstandardized—not in Supplement Facts)</td>
</tr>
</tbody>
</table>
Curcumin Potency

2% Turmeric Extract

20% Standardized Curcumin

45% Standardized Curcumin

95% Standardized Curcumin

4,750% more potent than Turmeric

©2019 Healthy Source, LLC