Curcumin Potency Guide

How Much Curcumin is TRULY in each Capsule/Softgel? milligrams x potency (%) = standardized curcuminoids



500mg capsule = 475 mg total curcuminoids

Potency: 95% (stated in Supplement Facts label)

Curcumin 750

Ambigious label— Read small print in Supplement Facts 750mg* softgel = 475 mg total curcuminoids *750 mg "proprietary complex" contains 500 mg curcumin Potency: 95% (not in Sup. Facts, but branded ingredient is 95%)

Curcumin with piperine

See health warning about piperine

500mg capsule = 475 mg total curcuminoids

Potency: 95% (stated in Supplement Facts label)

Longvida®

Solid Lipid Curcumin Particle Technology

Low dose, expensive

 $\frac{500m}{g}$ capsule = $\frac{100m}{g}$ total curcuminoids

Potency: 20% (according to website—not in many Sup. Facts)

Meriva®

Curcumin-Lecithin Phytosome Complex

Low dose, expensive

 $\frac{500m}{g}$ capsule = $\frac{100m}{g}$ total curcuminoids

Potency: 18-20% (according to website—not in many Sup. Facts)

Curcuwin® UltraSol®

Water Dispersion Nano Curcumin

Low dose, very expensive

250mg capsule = 50 mg total curcuminoids

Potency: 20% (according to website—not in many Sup. Facts)

Solgar® NovaSol®

Curcumin Micelles Nanoemulsion Liquid

Very, very low dose and very, very expensive

88mg softgel = $48\,mg$ total curcuminoids

Potency: 95% (total amount stated in Supplement Facts label)

Theracurmin®

Water Dispersible Nano Curcumin

Very, very low dose and very, very expensive

300mg capsule = 30 mg total curcuminoids

Potency: 10% (on some labels, but—not in many Sup. Facts)

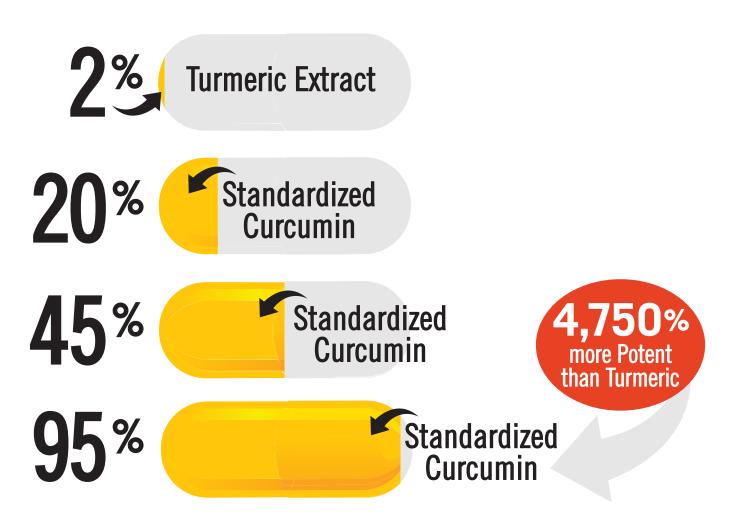
Turmeric with Native Curcumin

500mg capsule = 10 mg total curcuminoids

Potency: about 2% (unstandardized—not in Supplement Facts)

Milligrams 0 100 200 300 400 500

Curcumin Potency



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