ActivPower IRX

HUMAN KNOWLEDGE BASE • INGREDIENT SCIENCE

Turmeric for Human Digestive Wellness, Cognition & Healthy Aging

A golden botanical rich in curcuminoids, studied for antioxidant support, digestive wellness, cognition, and healthy aging.

IRx-ZEUS® | COGNEX® | AYURUB™ | Curcuma longa · Curcumin

What Is Turmeric?

Turmeric (*Curcuma longa*) is a golden-yellow spice used for centuries in traditional culinary and wellness practices, and one of the most widely studied botanical ingredients in nutritional science. Its bioactivity is attributed to naturally occurring **curcuminoids**, including curcumin, along with polysaccharides, essential oils, and phytonutrients. It is included in **IRx-ZEUS®**, **COGNEX®**, and **AYURUB™** for humans.

Turmeric & Digestive Wellness

Laboratory and human studies suggest turmeric may help support the integrity of the gastrointestinal lining and normal digestive function, possibly related to its support of balanced cellular signaling and healthy inflammatory responses already within the normal range. Several studies suggest turmeric compounds may influence microbial diversity and support a balanced gut environment. These areas continue to be actively investigated.

Antioxidant & Cellular Wellness

Curcuminoids possess antioxidant properties that may help support the body's natural defenses against oxidative stress generated during normal metabolism. Nutritional compounds that support antioxidant systems are often studied for their role in promoting overall wellness and resilience. Turmeric may support:

- Digestive wellness and a healthy gut environment
- Antioxidant and healthy-cellular support
- Cognitive wellness and mental clarity
- Overall vitality and healthy aging

Healthy Aging & Cognitive Wellness

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Researchers continue to investigate turmeric's role in supporting healthy aging through its antioxidant activity and support of normal cellular-communication pathways. Curcumin and other turmeric-derived compounds are also being studied for their potential role in supporting normal cognitive function, mental clarity, and healthy brain aging; findings are encouraging but additional large-scale human studies are needed.

A Note on Bioavailability

Curcuminoid bioavailability can differ considerably by formulation, which is why turmeric is frequently paired with black pepper (piperine) to support absorption. Turmeric is best viewed as a supportive nutritional ingredient within a healthy lifestyle rather than a substitute for medical care.

Safety & Quality Considerations

Turmeric has a long history of dietary use and is generally well tolerated. Individuals who are pregnant, nursing, taking medications, or managing medical conditions should consult their healthcare provider before beginning any new dietary supplement regimen.

The ActivPower Perspective

ActivPower includes turmeric powder in IRx-ZEUS®, COGNEX®, and AYURUB™ because of its established role as a traditional wellness ingredient and its emerging scientific support for digestive wellness, antioxidant defenses, cognitive wellness, and healthy aging.

FEATURED IN

IRx-ZEUS® · COGNEX® & AYURUB™

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Selected References — Human Literature

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Statements regarding dietary supplements have not been evaluated by the U.S. Food and Drug Administration (FDA). Individual responses may vary. Consumers should consult a qualified healthcare professional before introducing any new supplement or nutritional ingredient into a wellness program. No claim beyond the educational discussion of current scientific literature is stated or implied.

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