



Curcumin C3 Complex by Sabinsa

Stairs feeling more challenging? Golf swing a little tight? As we stay active through life, joint comfort and mobility can sometimes need a little extra support.

What It Is

Curcumin C3 Complex, the most clinically studied curcumin ingredient in the world, is a concentrated turmeric extract standardized for consistent potency—helping to support healthy joints, mobility, and the body's natural inflammatory response.

Backed by research, this high-strength extract provides a reliable source of the active compounds found in turmeric, designed to support overall wellness and an active lifestyle.

How It Helps

- Helps support a healthy inflammatory response
- Supports joint health and mobility
- Provides antioxidant support

Research Highlights

- Curcumin C3 Complex has been the subject of clinical research exploring joint comfort, mobility, and overall wellness.
- Studied in a range of populations, including older adults, athletes, and postmenopausal women.
- Research has evaluated its effects on inflammatory markers, muscle strength, and metabolic health.
- Recognized as a well-studied, standardized turmeric extract in peer-reviewed publications, offering consistent potency and quality.

Amounts Used in Research

- Published research has explored curcuminoid intake levels ranging from 500-1500 milligrams (mg) per day, often in divided doses.

What Makes This Ingredient Unique

- Standardized to 95% curcuminoids. This means the product is concentrated so that 95% of it is active compounds. Compare that to regular turmeric powder, which only has 2-5% curcuminoids.
- Combination of three curcuminoids
- Clinically studied turmeric extract
- Manufactured with quality controls

Where It's Used

- Joint comfort
- Healthy aging
- Exercise recovery
- General inflammatory balance

About Sabinsa

Sabinsa Corporation is a multinational company that develops and manufactures herbal extracts, probiotics, minerals, and supplements for the nutrition industry. Its ingredient innovations are helping shape the conversation on brain health, athletic performance, blood sugar management, and more. Visit [Sabinsa.com](https://www.sabinsa.com).

“Bioactive yoghurt containing curcumin and chlorogenic acid reduces inflammation in postmenopausal women” by N.A. Nasef et al., *Nutrients*, 2022

“Effects of Curcumin C3 Complex on physical function in moderately functioning older adults with low-grade inflammation—a pilot trial”

by R.T. Mankowski et al., *The Journal of Frailty & Aging*, 2023

“Lipid-modifying effects of adjunctive therapy with curcuminoids-piperine combination in patients with metabolic syndrome: results of a randomized controlled trial” by Y. Panahi et al., *Complementary Therapies in Medicine*, 2014