Curcumin has a high potential to boost cognitive function. This key compound of turmeric has been a popular subject of many studies, which were conducted by a variety of renowned researchers from around the world.

This phytochemical potentially contains antiseptic, antiviral, antibiotic, antimicrobial, anticoagulant, anticarcinogenic, antioxidant, anti-inflammatory, antitumor, antibacterial and geno-protective properties.

Andrew Scholey, PhD, of the Swinburne University of Technology, in Melbourne, Australia, and colleagues conducted a study. There were 60 healthy adult participants who were 60 to 85 years of age. They were randomly divided into curcumin and placebo groups.

After an hour of dosage, the curcumin group exhibited improved performance on certain tasks than those in the placebo group. These tasks were related to attention and working memory.

This amazing study was published in the Journal of Psychopharmacology.

The results further showed that 30-day curcumin supplementation resulted in certain improvements in contentment, calmness and reduced fatigue compared with the placebo group.

Curcumin has a high potential in alleviating fatigue due to a possible ability to influence mitochondrial function, glucose uptake and regulation, as well as protein kinase. In a previous study, it was found that curcumin may be an effective alternative for sufferers of depression.

The potentially therapeutic properties of curcumin may help to reduce or ameliorate certain pathological processes responsible for dementia, mood disorders or other underlying age-related cognitive decline.

According to some experts, consumers need to eat healthy foods and avoid living a sedentary lifestyle in order to improve brain health and cognitive function. It is imperative to ensure that the brain is nourished with the nutrients it needs to stay healthy.

There are medications thought to be useful against cognitive decline. However, it may be best to reduce the risk of it happening in the first place. Besides, there are many pharmaceutical drugs in the market that are linked with the development of adverse effects.

In addition to its potential ability to improve cognitive function, curcumin also has a potential to help improve overall health.

One of the curcumin formulas available in the international market that is thought to be useful and potent comes from VitaBreeze. VitaBreeze curcumin supplements are loaded with a variety of potentially therapeutic properties.

(amazon.com/Turmeric-Curcumin-Complex-Pepper-Extract/dp/B00JA4TLTI/)

About VitaBreeze
VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company’s products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit http://www.VitaBreeze.com to learn more.

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