

# CAVACURMIN® – SUPPORT RECOVERY WITH HIGHLY BIOAVAILABLE CURCUMIN

Health and fitness are major trends, as growing numbers of people around the world adopt a healthier lifestyle and turn increasingly to sports. As a result, the global sports nutrition market is expected to grow annually by 8.1% until 2022. WACKER can now serve the sports nutrition market with two products for supplements that contain highly effective ingredients: CAVAQ10® and CAVACURMIN®.

## Growth Drivers for Sports Nutrition

As consumers realize the importance of fitness for overall health and well-being, the audience for sports nutrition has broadened from hardcore athletes to active lifestyles and the aging population. Sports nutrition can make workouts more efficient so that they fit into our busy lives.

Supported by a growing number of studies, antioxidants and plant polyphenols such as curcumin are gaining more and more attention for sports nutrition.

## Functionality of Curcumin

Trials show that ingestion may reduce the extent of exercise-induced muscle damage<sup>1</sup>. Moreover, curcumin is an antioxidant that may be capable of lowering inflammatory markers after exercise and of delaying the onset of sore muscles<sup>2</sup>. Muscular regeneration, too, might be enhanced by ingesting curcumin<sup>3,4</sup>. Even the International Olympic Committee suggests athletes consume curcumin for enhanced recovery<sup>5</sup>.

Normally, curcumin or turmeric is only slightly soluble in water and is difficult for the human body to absorb. WACKER's approach is to form a complex with cyclodextrin to boost dispersibility as well as bioavailability.

### Advantages of CAVACURMIN®

- ~40-fold increase in bioavailability
- Min. curcuminoid content: 15%
- Contains natural turmeric extract (no synthetic curcumin)
- CAVAMAX® W8 (GRAS) is a safe carrier
- Free from allergens and additives
- Vegan
- Easily dispersible in water
- Various application forms possible



## Benefits of Combining CAVAQ10® with CAVACURMIN®

Sports nutrition products typically only target either performance or regeneration. By combining CAVAQ10® with CAVACURMIN®, WACKER makes it possible to address both trending issues at once. The combination of these ingredients is especially practical, since both provide superior bioavailability in the form of water-dispersible powders.

### A Powerful Duo for Boosting Sports Nutrition

Performance

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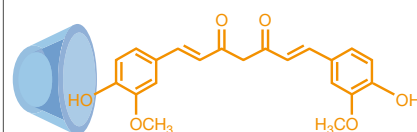
Recovery

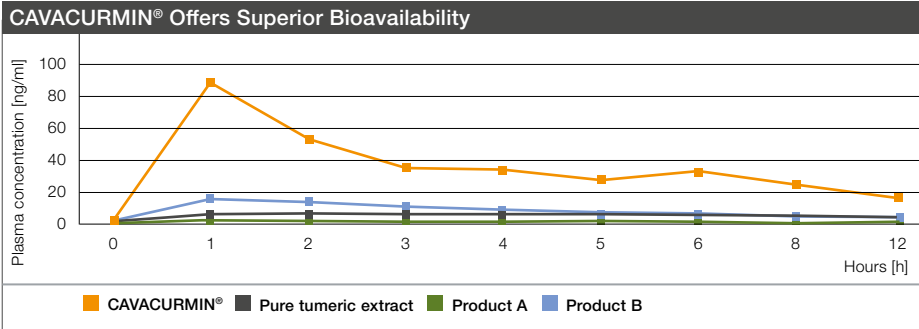


CAVAQ10®

CAVACURMIN®

### Curcumin-Gamma-Cyclodextrin Complex





**Benefits of CAVACURMIN®**

The bioavailability of curcumin complexed with gamma-cyclodextrins is around 40 times that of a pure extract obtained from turmeric<sup>6</sup>. Curcumin, which is fat-soluble, is encapsulated by water-soluble gamma-cyclodextrin, yielding a complex that forms a molecular dispersion in water. The human body is then able to absorb the curcumin much more readily. CAVACURMIN® is a free-flowing, dispersible powder. It can be incorporated into various products aimed at athletes, such as powders, capsules, gummies, energy bars or functional beverages.




Just 1 hour after ingestion of CAVACURMIN®, the curcuminoid concentration in the blood was significantly higher than with any other commercial formulations and remained elevated for 12 hours.



Literature: <sup>1</sup>Mota, J., et al., Med Sc in Sports Exerc 50 (2018) 722; <sup>2</sup>Sciberras, J. N., et al., J Int Soc Sports Nutr 12 (2015) 5; <sup>3</sup>Nicol, L. M., et al., Eur J Appl Physiol 115 (2015) 1769-1777; <sup>4</sup>Gerchman, A., et al., Med & Sc Sports & Exerc 50 (2018) 721; <sup>5</sup>Maughan, R. J., et al., Int J Sport Nutr Exerc Metab 28 (2018) 104-125; <sup>6</sup>Purpura, M., et al., Eur J Nutr 57 (2018) 929-938



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