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 8.5% until 2030. WACKER can 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 lifestylers 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\(^1\). Moreover, curcumin is an antioxidant that may be capable of lowering inflammatory markers after exercise and of delaying the onset of sore muscles\(^2\). Muscular regeneration, too, might be enhanced by ingesting curcumin\(^3,4\).

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 via non-covalent bonding with cyclodextrin to boost dispersibility as well as bioavailability.

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.

The information provided is addressed to an expert audience only and is available worldwide. It may contain statements that do not apply to your country. As claims do not refer to finished products, but solely to ingredients, they may not conform to Regulation (EC) No. 1924/2006. It is up to the marketer of any finished product to ensure that the finished product containing such ingredients and the claims associated therewith are lawful and are in compliance with all valid legislation and regulations of the country or countries where said product is to be sold.

The data presented in this medium are in accordance with the present state of our knowledge but do not absolve the user from carefully checking all supplies immediately on receipt. We reserve the right to alter product constants within the scope of technical progress or new developments. The recommendations made in this medium should be checked by preliminary trials because of conditions during processing over which we have no control, especially where other companies' raw materials are also being used. The information provided by us does not absolve the user from the obligation of investigating the possibility of infringement of third parties’ rights and, if necessary, clarifying the position. Recommendations for use do not constitute a warranty, either express or implied, of the fitness or suitability of the product for a particular purpose.

Benefits of CAVACURMIN®
The bioavailability of curcumin complexed with gamma-cyclodextrins is around 40 times that of a pure extract obtained from turmeric⁶. 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.

Tetrahydrocurcumin
CAVACURMIN® is not only providing high bioavailability of curcumin. It also boosts tetrahydrocurcumin (THCC) levels by a factor of about 40. THCC is the main active metabolite of curcumin and provides health benefits that are synergistic and complementary to the effects of curcumin. In a long-term supplementation study, CAVACURMIN® was shown to lead to a consistently high blood concentration of curcumin and THCC⁷. This effect could be measured after 12 weeks as well. The study furthermore confirmed the high tolerability of CAVACURMIN® after long-term supplementation.

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.