



# longvida

optimized  
**curcumin**®

Patented Longvida® Optimized Curcumin® was developed by neuroscientists to deliver systemic free curcumin to the brain and target tissues. Longvida® is supported by traceability and sustainability initiatives and has won numerous awards for innovation in nutritional science and cognitive function.



Multi-award  
winning



Sustainable  
& traceable



Third-party  
verified



Clinically  
backed





COGNITIVE CLINICAL FACTS @  
400MG/day

#### 5+ STUDIES IN HEALTHY HUMANS

5+ human publications in healthy adults at 400mg/day<sup>1-5\*\*</sup> and 7+ more at varying doses/ populations<sup>6-11,19\*\*</sup>, all supporting cognitive health

#### STUDIED IN MULTIPLE POPULATIONS

Healthy middle-aged adults (40-60yrs)<sup>1</sup>  
Healthy older adults (50-85yrs)<sup>2-5</sup>

*Additional populations with doses from 200mg-20g/day<sup>6-11\*\*</sup>*

#### THIRD-PARTY CERTIFICATIONS:

Non-GMO Project Verified, Certified Glyphosate Residue Free, Kosher, Halal, Alchemist Assured, and more\*

#### TRACEABLE / SUSTAINABLE SUPPLY CHAIN

As part of Verdugration®, turmeric is grown and harvested with sustainability as a primary pillar, promoting long-term relationships, living wages, and clean labels. Verdure partners with farmers under our Sustainable Turmeric Program (STP) for turmeric grown as a primary crop and provides education, resources, support, and more for continued clean label improvements. In addition, a robust photo and video library is available for formulators and finished product manufacturers to aid in story-telling, bringing these key efforts to life.

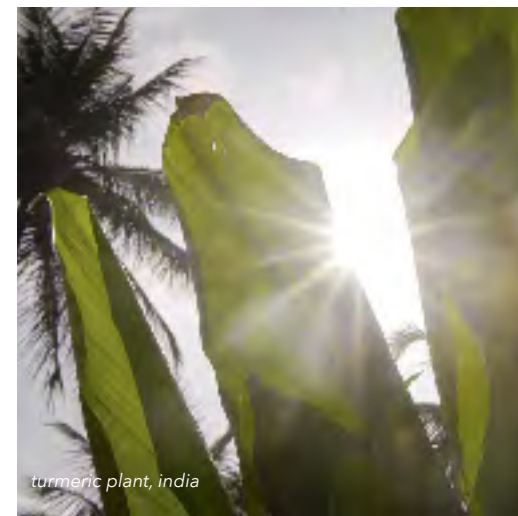
#### LONGVIDA®: THE COGNITIVE CURCUMIN OF CHOICE®

For more than a decade, Longvida® has been the subject of numerous published human clinical studies, with more underway. These studies unveil the successful delivery of Longvida's free curcumin and support a number of health applications, including (but not limited to) sports nutrition and exercise recovery,<sup>14,15</sup> vascular health and healthy blood flow,<sup>16</sup> cardiovascular support,<sup>1</sup> oral health,<sup>17</sup> healthy aging,<sup>1,2-5</sup> cognitive health,<sup>1-11,\*\*</sup> neuronal and retinal health,<sup>8-11</sup> and others.

Research has shown healthy subjects taking Longvida® (400mg/day) demonstrate hippocampal activation which is known to promote mood and increase working memory.<sup>1-5\*\*</sup> In an acute-on chronic study, researchers found positive improvements in contentedness, calmness and improved mood within four weeks.<sup>2</sup> Further, experts replicated these results with positive improvements to overall mood after twelve weeks through measures of fatigue-inertia (decreased mental exhaustion), tension-anxiety (decreased feelings of anxiousness), confusion-bewilderment (improved concentration, learning potential, and improved working memory; the feeling of 'why did I come in this room'), and anger-hostility (overall mood and mental /emotional wellbeing).<sup>3-5</sup>

Additionally, research shows Longvida® may increase learning, and spatial memory.<sup>3-5</sup> When measured using a virtual Morris Water Maze (vMWM), healthy adults taking Longvida showed an impressive 31% increase in spatial memory and learning. Further, a nearly 20% increase in working memory, sustained attention, concentration, and higher-order cognitive processing was observed.<sup>3-5</sup>

Patented Longvida® Optimized Curcumin® from *Curcuma longa* offers tangible health applications for emotional wellbeing and cognitive support<sup>1-5\*\*</sup> with results seen in as little as one hour.<sup>2</sup> With improvements to mood, memory, learning, tension, anxiety, confusion, and fatigue in multiple clinical studies,<sup>1-5\*\*</sup> Longvida® is the Cognitive Curcumin of Choice® supporting a multi-prong approach to mental health using 400mg/day. From banishing brain fog and improving memory to decreasing fatigue and fighting free radicals, Longvida® is uniquely poised to offer benefits to cognitive wellbeing.



# LONGVIDA®

*Curcuma longa* extract, was developed by neuroscientists for balanced cognitive wellness, targeting memory, mood, fatigue, and key biomarkers known to impact the brain.\*

## COGNITIVE CLINICAL FACTS @ 400mg/day

75%

75% increase in plasma catalase supporting antioxidant activity against oxidative stress<sup>1</sup>

1 HOUR

Longvida® improved cognitive function & mood in healthy adults within as little as 1hr<sup>2</sup>

16%

16% reduction in tension-anxiety at 4 weeks with a sustained 17% reduction at 12 weeks in healthy adults<sup>3-5</sup>

31%

31% increase in spatial memory & learning, which is centred in the hippocampus (the first part of the brain impacted by cognitive decline)<sup>3-5</sup>

64%

Longvida® reduced anger-hostility 53% at 4 weeks and 64% at 12 weeks supporting mental wellbeing & improved mood<sup>3-5</sup>

15%

15% average reduction in fatigue in healthy older adults suggesting significant improvements in overall mood<sup>3-5</sup>

25%

25% improvement in working memory compared to placebo in healthy adults taking 400mg/day<sup>3-5</sup>



turmeric farmers sorting roots , india



turmeric root, india





# COGNITIVE CURCUMIN OF CHOICE®



## OPTIMIZED MOOD

Research has shown healthy subjects taking Longvida® (400mg/day) demonstrate hippocampal activation which is known to promote mood and increase working memory.<sup>1-5</sup> In an acute-on-chronic study, researchers found positive improvements in contentedness, calmness and improved mood within four weeks.<sup>2</sup> Further, experts replicated these results with positive improvements to overall mood after twelve weeks through measures of fatigue-inertia (decreased mental exhaustion), tension-anxiety (decreased feelings of anxiousness), confusion-bewilderment (improved concentration, learning potential, and improved working memory; the feeling of 'why did I come in this room'), and anger-hostility (overall mood and mental /emotional wellbeing).<sup>3-5</sup>

## SPATIAL & WORKING MEMORY

Research shows Longvida may increase learning, and spatial memory through increased hippocampal function and activation.<sup>2-5</sup> When measured using a virtual Morris Water Maze (vMWM), healthy adults taking Longvida showed an impressive 31% increase in spatial memory and learning. In addition, a nearly 20% increase in working memory, sustained attention, concentration, and higher-order cognitive processing was observed.<sup>3-5</sup>

## OPTIMIZED BRAIN HEALTH

Longvida® has shown anti-glycative, anti-amyloid fibrillation, and oxidative stress activity, all of which are known to inhibit the formation of AGEs which can lead to neuronal dysfunction.<sup>18</sup> Research suggests Longvida® has shown positive outcomes for learning, emotional balance, and memory, as well as long-term cognitive vitality and function.<sup>1-11, 18, 19\*\*</sup>

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# longvida<sup>®</sup>

## optimized curcumin<sup>®</sup>

Patented Longvida<sup>®</sup> Optimized Curcumin<sup>®</sup> was developed by neuroscientists to deliver systemic free curcumin to the brain and target tissues. Longvida<sup>®</sup> is supported by traceability and sustainability initiatives and has won numerous awards for innovation in nutritional science and cognitive function.

80

**SCIENTIFIC SUPPORT**  
80+ publications including human, preclinical, and review papers\*

32

**HUMAN CLINICAL PUBLICATIONS**  
32 human clinical publications with Longvida Optimized Curcumin<sup>®</sup>\*

12+

**COGNITIVE CURCUMIN OF CHOICE<sup>®</sup>**  
12+ human clinical publications supporting Longvida<sup>®</sup> as the Cognitive Curcumin of Choice<sup>®</sup>1-11,21

11+

**DELIVERY OF FREE CURCUMIN**  
11+ publications & reports supporting delivery of free curcumin and metabolites to brain & target tissues8,13,20,29-32



**FUNCTIONAL SUPPORT**  
Clinically studied for healthy aging, cognitive & retinal health, exercise recovery, joint health, oral health, vascular support, oxidative stress, systemic inflammation, immune support, and more\*\*



**SMALL DAILY DOSE**  
Multiple studies published supporting once daily dose of 400mg1-5,14,22-25\*\*



**RELIABLE AND REPEATABLE**  
Multiple clinical studies in healthy middle-aged adults at 400mg/day exhibiting positive results supporting cognitive health1-5



**ADAPTIVE DOSING**  
Numerous human clinical publications supporting flexible dosing adaptive to targeted claims & solutions\*



**SOCIAL RESPONSIBILITY**  
Seed to standardization traceability backed by eco-friendly and sustainable solutions, supported by multiple studies for safety and efficacy2-5,9-11,14,15,16-20\*\*



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\*\*Not an exhaustive list of references or clinical trials  
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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient(s) described herein is supported by the referenced clinical trial report(s). Marketers of finished products containing the ingredient(s) described herein are responsible for determining whether claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.