



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^{1-5**} and 7+ more at varying doses/ populations^{6-11,19**}, all supporting cognitive health

STUDIED IN MULTIPLE POPULATIONS

Healthy middle-aged adults (40-60yrs)¹

Healthy older adults (50-85yrs)²⁻⁵

Additional populations with doses from 200mg-20g/day^{6-11**}

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,^{14,15} vascular health and healthy blood flow,¹⁶ cardiovascular support,¹ oral health,¹⁷ healthy aging,^{1,2-5} cognitive health,^{1-11,**} neuronal and retinal health,⁸⁻¹¹ and others.

Research has shown healthy subjects taking Longvida® (400mg/day) demonstrate hippocampal activation which is known to promote mood and increase working memory.^{1-5**} In an acute-on chronic study, researchers found positive improvements in contentedness, calmness and improved mood within four weeks.² 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).³⁻⁵

Additionally, research shows Longvida® may increase learning, and spatial memory.³⁻⁵ 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.³⁻⁵

Patented Longvida® Optimized Curcumin® from *Curcuma longa* offers tangible health applications for emotional wellbeing and cognitive support^{1-5**} with results seen in as little as one hour.² With improvements to mood, memory, learning, tension, anxiety, confusion, and fatigue in multiple clinical studies,^{1-5**} 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.



turmeric plant, india



turmeric root, india

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 stress¹

1 HOUR Longvida® improved cognitive function & mood in healthy adults within as little as 1hr²

16% 16% reduction in tension-anxiety at 4 weeks with a sustained 17% reduction at 12 weeks in healthy adults³⁻⁵

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

64% Longvida® reduced anger-hostility 53% at 4 weeks and 64% at 12 weeks supporting mental wellbeing & improved mood³⁻⁵

15% 15% average reduction in fatigue in healthy older adults suggesting significant improvements in overall mood³⁻⁵

25% 25% improvement in working memory compared to placebo in healthy adults taking 400mg/day³⁻⁵

COGNITIVE CURCUMIN OF CHOICE®



turmeric field, india



turmeric field, india

OPTIMIZED MOOD

Research has shown healthy subjects taking Longvida® (400mg/day) demonstrate hippocampal activation which is known to promote mood and increase working memory.¹⁻⁵ In an acute-on-chronic study, researchers found positive improvements in contentedness, calmness and improved mood within four weeks.² 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).³⁻⁵

SPATIAL & WORKING MEMORY

Research shows Longvida may increase learning, and spatial memory through increased hippocampal function and activation.²⁻⁵ 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.³⁻⁵

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.¹⁸ Research suggests Longvida® has shown positive outcomes for learning, emotional balance, and memory, as well as long-term cognitive vitality and function.^{1-11, 18,19**}

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



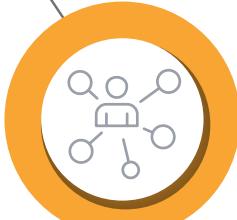
HUMAN CLINICAL PUBLICATIONS
32 human clinical publications with Longvida Optimized Curcumin®*



COGNITIVE CURCUMIN OF CHOICE®
12+ human clinical publications supporting Longvida® as the Cognitive Curcumin of Choice®^{1-11,21}



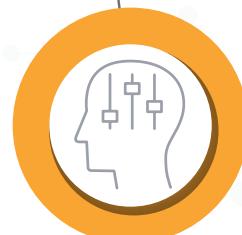
DELIVERY OF FREE CURCUMIN
11+ publications & reports supporting delivery of free curcumin and metabolites to brain & target tissues^{8,13,20,29-32}



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**



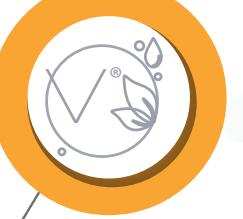
SMALL DAILY DOSE
Multiple studies published supporting once daily dose of 400mg^{1-5,14,22-25**}



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 efficacy^{2-5,9-11,14,15,16-20**}

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**Not an exhaustive list of references or clinical trials

Patent & trademark information: vs-corp.com/patents

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