

## **BioPerine and Curcumin C3 Used To Form a Powerful Pain-Fighting Alliance**

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Portland OR – January 8 2015 – The power of a Curcumin C3 Complex® is well known as evidenced by the number of people around the world that utilize it for relief from arthritis pain. What many individuals don't know is that a curcumin supplement that includes BioPerine® will substantially increase its effectiveness.

"The benefits of combining ingredients to arrive at a more powerful formula was used by herbalists 5000 years ago and the practice is still a valuable tool today when creating everything from cuisine to pharmaceuticals" said VitaBreeze spokesperson Michelle O'Sullivan.

Curcumin is the active ingredient in turmeric a botanical that's typically used as a spice in Asian and East Indian culinary offerings. It's liberally used by East Indian practitioners and consumers in the country have access to a variety of over-the-counter curcumin products for wound care.

Curcumin C3 Complex® is the patented form of curcumin and the most trusted. Curcumin passes through the digestive tract quickly with only a small amount being absorbed by the body for use. That's not a problem in cultures where the spice is consumed regularly but individuals in other parts of the world need some assistance to obtain the full effect.

That help comes in the form of BioPerine® a patented black pepper extract. Black pepper the ordinary table spice has the ability to boost the absorption rate of curcumin by up to 2000 percent. Many in the medical profession consider curcumin supplements an alternative medicine but a significant number of clinicians and rheumatologists are now advising it for their clients.

Curcumin is a natural anti-inflammatory that many different studies show can be as effective as several prescription medications for relieving inflammatory conditions including arthritis. The Food and Drug Administration (FDA) has given curcumin its GRAS (generally regarded as safe) designation after being vetted by an elite board of experts in multiple disciplines.

The spice is also shown to be a powerful antioxidant. It aggressively seeks free radicals that cause cellular damage and neutralizes them. Curcumin is often used in topical cosmetics as an active ingredient and as a coloring agent.

Black pepper extract has its own beneficial qualities in addition to boosting curcumin absorption. Research has discerned that it blocks the creation of new fat cells in the body and boosts the body's thermogenic action that burns calories. Together Curcumin C3 Complex® and BioPerine® form a powerful alliance to address the pain and inflammation of arthritis (<http://www.amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI>).