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A Review on: Neutraceutical Chewable Curcumin Gummies and its Application

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Abstract: *Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiasts, as it is the major source of the polyphenol curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise- induced inflammation and muscle soreness, thus enhancing recovery and performance in active people. In addition, a relatively low dose of the complex can provide health benefits for people that do not have diagnosed health conditions. Ingesting curcumin by itself does not lead to the associated health benefits due to its poor bioavailability, which appears to be primarily due to poor absorption, rapid metabolism, and rapid elimination. Gummies or soft chew supplements rank on 2nd place in the most commonly used form by consumers. Not only do they taste good, but with the nutritional adding they help maintain a healthy immune system and protect your organism. The purpose of this review is to provide a brief overview of Curcumin.[1].*

Keywords: curcumin, turmeric, antioxidant,anti-inflammatory, polyphenol

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