

Study Affirms Sabinsa's Research on Curcumin-Piperine Synergy



By WholeFoods Magazine Staff - April 3, 2018

East Windsor, NJ — Sabinsa has been promoting the combination of its Curcumin C3 Complex[®] and BioPerine[®] for more than two decades based upon research showing the synergy between the company's proprietary curcumin and piperine ingredients.

A new study validates that research. The open access study, *Curcumin and piperine supplementation of obese mice under caloric restriction modulates body fat and interleukin-1 β* , was conducted at the Jane Mayer U.S. Department of Agriculture Human Nutrition Center for Aging at Tufts University and Tohoku University, Japan, and published in *Nutrition & Metabolism*. It found that the curcumin-piperine combination ultimately led to longevity.

According to a press release from the company, caloric restriction (CR) is a means of modulating energy expenditure and fat metabolism. It has also been connected with longevity. Additionally, the length of telomeres, the protective end-caps on the end of chromosomes preserving the integrity of DNA, is indicative of cellular health. Shortening of telomeres points to cellular senescence and aging. Nutrients that contribute to the lengthening of telomeres are believed to possess anti-aging properties.

In an animal study on mice fed high fat diets (HFD) for 53 weeks, scientists concluded that curcumin-piperine combination contributed additively to CR and had the potential to enhance CR effects for the prevention of metabolic syndrome. Researchers found that administration of the curcumin-piperine combination maintained the telomere length more efficiently than the individual components, thus indicating their synergistic activity. The scientists also measured the loss of fat in the HFD-fed animals using an MRI (Magnetic Resonance Imaging). This nutrients-combination was effective also in reducing certain inflammatory cytokines as measured by the levels of circulating cytokines.

"On the whole it was concluded that this nutrient combination, curcumin-piperine, works well to reduce total body fat, reduces cellular aging as indicated by preserving telomere length, and enhance the CR effects for the prevention of metabolic syndrome by reducing the low grade chronic inflammation that always persists in obese conditions," said Nagabhushanam Kalyanam, PhD, president (R&D), Sabinsa.