

# Boron Joint with CurcuWIN®

## Connective Tissue and Bone Health\*

Boron Joint with CurcuWIN® supplies targeted nutritional support for connective tissue and bones.\* It contains CurcuWIN® turmeric extract with minimum 20% curcuminoids, enhanced with boron and magnesium.\*

Curcumin is the primary active constituent from turmeric, an Asian spice which is a member of the Zingiberaceae (ginger) family. In various Asian medicine traditions, turmeric is used for injuries due to sprains and swellings, and for abdominal issues.\*

### Key Features

- CurcuWIN® curcumin has enhanced bioavailability and retention, enabling benefits at a lower dose than other forms of curcumin\*
- Boron and magnesium are key elements for bone health\*
- Boron also supports production of estrogen, testosterone, and active vitamin D\*
- Magnesium contributes to bone formation and mineralization, and plays a role in as many as 300 biochemical pathways



SKU #77160  
90 vegetarian capsules

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Modern researchers have been interested in curcumin since the 1940s. Curcumin has been shown to be neuroprotective, anti-inflammatory, and to potentially benefit the musculoskeletal system, the gastrointestinal tract, and the liver and gallbladder.\* It also appears to have various supportive effects on the brain and lungs, the skin, and the urinary system.\* In particular, it supports healthy bones and joints, possibly through its anti-inflammatory effects.\*

The active curcuminoid compounds (curcumin, demethoxycurcumin, and bisdemethoxycurcumin) are powerful antioxidants, which can also modulate molecular targets such as cell signaling proteins, cytokines and chemokines, enzymes, and cell surface adhesion molecules.\*

Unmodified curcumin has very low bioavailability. It has poor solubility, with low absorption from the gut, and most of what is ingested passes through the gut unmetabolized and is excreted through the colon. Only a small portion is absorbed and converted to its water-soluble metabolite forms, as glucuronides and sulfates.

CurcuWIN® has significantly higher absorption compared to other curcumin ingredients, and 46-times higher relative absorption than standard curcumin.\* CurcuWIN® also has longer-lasting action with higher serum concentrations after 12 hours.\* CurcuWIN® curcumin uses a molecular dispersion process (Ultrasol technology) which converts oil soluble nutrients into water-dispersible ingredients to enhance bioavailability and retention.\* The combination of improved bioavailability and extended retention in the body enables cardiovascular and other benefits using a lower dose.\*

**Boron** is a trace mineral found in peanuts, nuts, legumes, wine, grapes, and peaches. In humans, boron participates in hydroxylation reactions, and plays a role in mineral metabolism and membrane function.\* It is well absorbed from the GI tract.

Populations in areas of the world with high levels of boron in the water and soil are known for strong bones and joints.\* Boron helps the body retain calcium, magnesium, and phosphorous, key elements for bone health.\* Boron may inhibit the activity of serine proteases and leukotrienes, and help regulate C-reactive protein (CRP), fibrinogen, and erythrocyte sedimentation rate (ESR).\* It supports the production of both testosterone and estrogen, and the active form of vitamin D.\* Boron may support cognitive function and fine motor skills in the elderly.\*

**Magnesium** is one of seven macrominerals considered essential for human health.\* The adult human body contains 20-28 grams of magnesium, and of this total amount, over half is found in the skeleton, about 40% in the muscle and soft tissues, and about 1% in the extracellular fluid. Surveys over recent years suggest that as much as 40% of the U.S. population may be deficient in magnesium.

More than 300 enzymes are known to be activated by magnesium, and as a consequence numerous biochemical pathways require magnesium.\* Magnesium contributes to bone formation and mineralization, and it plays a role in the regulation of muscle and nerve activity through influencing cell membrane permeability.\* Magnesium is important for the homeostatic regulation of the major electrolytes in the body, potassium, sodium, and especially calcium.\*

Magnesium plays roles in the cardiovascular and GI systems, peripheral vascular function, energy production, and the heart, brain, kidney and liver.\* Of particular importance, magnesium is involved in the body's homeostatic maintenance of blood pressure and heart rhythm.\*

## Supplement Facts

Serving Size	1 Capsule
Serving Per Container	90
Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Citrate)	20 mg 5%
Boron (as Boron Citrate)	6 mg †
CurcuWIN® Turmeric ( <i>Curcuma longa</i> ) (Root) Extract (min 20% Curcuminoids)	250 mg †

† Daily Value not established.

\* Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, silicon dioxide, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

**Suggested Use:** As a dietary supplement, 1 capsule three times daily for one month, and then 1 capsule one or two times daily, or as directed by a healthcare practitioner. Best taken with food. Increased water intake during the day is recommended.

**Note:** Higher doses of boron supplementation may increase levels of estrogen and testosterone.



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