

Classification	after breakfast		after lunch		after dinner	
BBE Curcuma Longa	Suggest dosage (500mg/capsule)					
	sanitation	patient	sanitation	patient	sanitation	patient
1.Anti-inflammatory agent	3	6	0	6	3	6
2.Natural painkiller	3	6	0	6	3	6
3.Antioxidant	4	4	0	4	4	4
4.Protects DNA from damage	4	4	0	0	4	4
5.Helps in heavy metal detoxification	4	6	0	0	4	6
6.Speeds up post-operative recovery	0	6	0	0	6	6
7.Improves Digestion and Stomach health	3	4-6	0	0	3	4-6
8.Benefits in GERD and acid reflux	3	4	0	4	3	4
9.Helps in treatment of inflammatory bowel disease	3-4	6	0	6	3-4	6
10.Reduces symptoms of irritable bowel syndrome	3-4	6	0	6	3-4	6
11.Protects the pancreas from disorders	3-4	6	0	6	3-4	6
For Bones, Joints						
12.Various types of arthritis	3-4	6	0	6	3-4	6
13.Bones in osteoarthritis	3-4	6	3-4	6	3-4	6
14.Healing of bone fractures	0	4-6	0	4-6	0	4-6
15.Muscle disorders	3-4	6	0	6	3-4	6
Haematological system/Blood related disorders						
16.Thalassemia	3	6	0	6	3	6
17.Anemia	3	4-6	3	4-6	3	4-6
18.Reduces the risk of stroke, Blood thinning property.	3-4	6	3-4	6	3-4	6
19.Spleen health	3-4	6	0	6	3-4	6
Brain and Nervous system						
20.Depression	3	4-6	0	4-6	3	4-6
21.Post-traumatic stress disorder		4-6		0-6		4-6
22.Bipolar disorder	3	4-6	0	4-6	3	4-6
23.Brain	3-4	6	0	6	3-4	6
24.Memory & help in learning	3-4	3-4	0	0	3-4	3-4

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25. Alzheimer's disease, Parkinson's disease	3-4	6	0	6	3-4	6
26. Prevent stroke and Recovery after Stroke	3-4	6	0	6	3-4	6
27. Epilepsy and seizure	4-6	6	4-6	6	4-6	6
28. Reduces morphine tolerance/dependence	4-6	6	0-6	6	4-6	6
Eye and ear related disorder						
29. Uveitis	3-4	6	0	4-6	3-4	6
30. Glaucoma and Cataract	4	6	4	6	4	6
31. Tinnitus	3	4-6	0	4-6	3	4-6
Oral Health						
32. Gingivitis	3	4-5	0	0	3	4-5
33. Plaque and gum bleeding	3	4-5	0	0	3	4-5
34. Periodonitits	3	4-6	0	4-6	3	4-6
35. Oral lichen planus	3	4-6	0	4-6	3	4-6
36. Healing of mouth lining in oral ulcer	3	4	0	4	3	4
Healthy Respiratory System						
37. Cough, cold, flu	3-6	6	0	6	3-6	6
38. Asthma	3-6	4-6	0	4-6	3-6	4-6
39. Nicotine smoke-induced damage	3-6	6	0	6	3-6	6
40. Various lung diseases	3-6	6	0	6	3-6	6
Liver & Gallbladder Diseases						
41. Hepatitis	4	6	0	6	4	6
42. Alcohol-induced toxicity	4	6	0	6	4	6
43. Non-alcoholic fatty liver disease	6	6	0	6	6	6
44. Liver fibrosis treatment	4	6	4	6	4	6
45. Prevent gallstone formation	4-6	0	0	0	4-6	0
Metabolic Health (Diabetes, BP, Weight Loss)						
46. Weight loss	3-4	4	0	4	3-4	4
47. Reduces Cholesterol levels	3-4	6	0	0	3-4	6
48. Diabetes	3-4	6	0-4	6	3-4	6

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49.Promoting pancreas function	3-4	6	0	0-6	3-4	6
50.Blood pressure	4	6	0	6	4	6
Endocrine System and Hormonal Disorders						
51.Thyroid health	3-4	6	0-4	6	3-4	6
52.Hirsutism	3-4	3-4	0-4	0-4	3-4	3-4
Cardiovascular System & Heart Diseases						
53.Cardioprotection	3-4	6	0-4	6	3-4	6
54.Myocardial ischemia, myocardial infarction, cardiomyopathy, arrhythmia	3-4	6	0-4	6	3-4	6
55.Thrombosis	3-4	6	0-4	6	3-4	6
56.Reduces heart attacks	4	4-5	4	4-5	4	4-5
Healthy Reproductive system						
57.Pre-menstrual syndrome	3-4	4-6	0	4-6	3-4	4-6
58.Menopause	3-4	6	0	0	3-4	6
59.Endometriosis	3-4	6	0-4	6	3-4	6
60.Uterine fibroids	3-4	6	0-4	6	3-4	6
61.Uterine Polycystic Ovary syndrome	3-4	6	0-4	6	3-4	6
62.Vaginitis and leucorrhoea	3-4	6	0-4	6	3-4	6
63.Male infertility	3-4	6	0-4	6	3-4	6
64.Prostatitis and Benign prostate enlargement	3-4	6	0-4	6	3-4	6
65.Prostate cancer	3-4	6	0-4	6	3-4	6
66.Urinary Infections	3-4	6	0-4	6	3-4	6
67.Protects Kidney from disorders and toxicity	3-4	6	0-4	6	3-4	6
Skin						
68.Reducing aging of skin	3-4	6	0-4	0-6	3-4	6
69.Psoriasis	3-4	6	0-4	6	3-4	6
70.Sunburn	3-4	6	0-4	0-4	3-4	6
71.Eczema	3-4	6	0-4	6	3-4	6
72.Acne, Rosacea	3-4	6	0-4	0-4	3-4	6
73.Wound healing	3-4	6	0-4	0-4	3-4	6

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Autoimmune Conditions						
74.Regulate immune responses	3-4	3-4	0-4	0-4	3-4	3-4
75.Lupus	3-4	6	0-4	0-4	3-4	6
76.Allergic reactions	4	4	4	4	4	4
77.Skin allergy	3-4	6	3-4	3-4	3-4	6
78.Ulcerative colitis	3-4	6	3-4	3-4	3-4	6
Infectious conditions and anti-microbial action						
79.Influenza, Flu	3-4	4-6	0-4	0-6	3-4	4-6
80.HIV \ Aids	3-4	6	0-4	6	3-4	6
81.HPV Hepatitis C	3-4	6	0-4	6	3-4	6
82.Fungal infections	3-4	6	0-4	6	3-4	6
83.Herpes, Warts and Sores	3-4	4-6	0-4	4-6	3-4	6
84.Prevents HPV from progressing to Cancer	3-4	6	0-4	4-6	3-4	6
85.14 strains of Candida	3-4	6	0-4	4-6	3-4	6
86.Oral thrush	3-4	4	0	4	3-4	4
87.Leucorrhea	3-4	4-6	0-4	0-6	3-4	4-6
Cancer & Tumor						
88.Kills Cancer cells	6	6	6	6	6	6
89.Anti-angiogenic agent	6	6	6	6	6	6
90.Reduces tumor grow	4-6	6	4-6	6	4-6	6
91.Various of Cancer	4-6	6	4-6	6	4-6	6
92.Increases Chemo-sensitivity and radio-sensitivity	6	6	6	6	6	6
93.Metastasis	6	6	6	6	6	6
94.Protects from toxicity of cancer treatment		6		6		6
95.Exert Chemo-preventive potential in oral malignant lesions		6		6		6
96.Reduce itching, smell, size and pain in cancer lesions		6		6		6
Healthy Ageing						
97.Protects heart function from ageing related changes	3-4	3-4	0	0	3-4	3-4

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98.Age-related bone loss	3-4	6	3-4	6	3-4	6
99.Age related changes and boosts memory	3-4	6	3-4	6	3-4	6
100.Longevity	3-4	3-4	0	0	3-4	3-4
Nutrition						
101.Reduces oxidation of cooking oils	3-4	3-4	3-4	3-4	3-4	3-4
102.Reduces oxidation of meat items and protects from carcinogens	3-4	3-4	3-4	3-4	3-4	3-4
103.Protects from food pathogens	3-4	3-4	3-4	3-4	3-4	3-4
104.Protects from Side effects of drugs	3-6	6	3-6	6	3-6	6
105.Alcoholism	3-4	4-6	3-4	4-6	3-4	4-6
106.Anti-inflammatory agent	3-4	4-6	3-4	4-6	3-4	4-6
107.Protecting your liver	3-4	4-6	3-4	4-6	3-4	4-6
500mg x 1 capsule for age from 2 to 16.						
Listed of dosage suggestion are suitable for age over 16 and above.						
P1500 is NOT suitable for age under 30. It contains piperine to increases the bioavailability of curcumin by 1500%						
P3000 is suitable for those who has cancer. tumors or other and age over 40. It contains piperine to increases the bioavailability of curcumin by 3000%						