


**Recommended supplemental dosage for diseases (As seen in clinical trials).**

Diseases	Dosage	Maintenance	Remarks
Health supplement	1 capsule daily.	-	1 hour before or 2 hours after food.
Rheumatoid Arthritis, Knee Osteoarthritis, uveitis, ulcerative proctitis, ulcerative colitis, irritable bowel disease, Crohn's disease, peptic ulcer, gastric ulcer, gastric inflammation, prostatitis, Biliary dyskinesia, kneel, muscle & back pain, Plantar Fasciitis.	1 capsule twice a day.	1 capsule daily or as needed.	Improvements are generally noticed between 3 – 7 days. Continue for a further 3 days after symptoms have subsided.
Alzheimer's, Parkinson's disease, dementia & age-related cognitive decline.	2 capsules daily.	-	Take 2 capsules of fish oil with PEN-Cur.
Cardiovascular disease, acute coronary syndrome, atherosclerosis, heart burn, lupus nephritis (SLE).	2 capsules daily.	-	Do not stop or reduce your medication dosage unless under the supervision of your health care practitioner.
Diabetes, diabetic nephropathy, diabetic microangiopathy, diabetic neuropathy.	1 capsule twice a day.	-	Monitor your blood sugar daily. PEN-Cur may improve insulin sensitivity. Do not stop or reduce your medication dosage unless under the supervision of your health care practitioner.
Psoriasis, diabetic and burn wound, surgery wound, Oral lichen planus, gum infection, oral Leukoplakia, oral Mucositis and sore throat.	1 capsule twice a day.	-	Open up one PEN-Cur capsule and mix it with 100 ml of water. Store mixture in a refrigerator using an opaque bottle. Apply topically to the psoriasis area, burn or diabetic wound 2 to 3 times a day.
Depression.	2 capsules twice a day.	-	Take 1 capsule of fish oil with PEN-Cur. Do not stop or reduce your medication dosage unless under the supervision of your health care practitioner.
Fatty liver, liver toxicity induces by drugs, heavy metals, hepatitis B virus.	2 capsules daily.	1 capsule daily.	Generally, fatty liver can be attenuated in 2 to 3 months of supplementation.
Premenstrual syndrome symptoms (PMS).	2 capsules 7 days before, during and 3 days after menstruation.	-	Usually, for first-time consumers, menstruation might be a little heavy in the first cycle and returning to normal flow after that.
Familial adenomatous polyposis (FAP), benign cervical, ovary and breast cyst.	2 capsules daily.	1 capsule daily.	Take 1 capsule of fish oil with PEN-Cur. Normally, cysts or polyps will reduce in number and size; or become negligible in around 2 months of supplementation.

Hay fever	2 capsules daily.	1 capsule daily.	-
Migraines	1 capsule daily.	-	Take 1 capsule of fish oil with PEN-Cur.
$\beta$ -Thalassemia	2 capsules daily.	-	Do not stop or reduce your medication dosage unless under the supervision of your health care practitioner.
Piles	2 capsules daily.	-	Take 2 capsules of fish oil with PEN-Cur.
Dejerine-Sottas disease, multiple system atrophy.,	2 capsules twice a day.	-	Take 2 capsules of fish oil with PEN-Cur. During a 12-month curcumin clinical trial treatment for Dejerine-Sottas disease - knee flexion and foot strength increased; pulmonary function, hand function, and measures of upper/lower extremity disability were stable; and the quality of life improved for most, especially in self-esteem.
Cancer supplement. Chemo/Radiation sensitizer and toxin protector.	4 capsules twice a day.	4 capsules during rest period of chemo or radiation treatment.	Consume 4 days before, during and 3 days after chemo or Radiation treatment (Total of 8 days).
COVID 19, Severe acute respiratory syndrome (SARS).	2 capsules 3 times daily.	2 capsules once a day for 1 month.	Take it for 14 days or until RT- PCR test is negative.

\*PEN-Cur's products and info are not used to medically diagnose, treat or cure any disease. For diagnosis or treatment, consult your healthcare practitioner.

\*For **health supplement**, each vegetarian capsule contains **200mg** of water-soluble PEN-Cur Nano curcumin.

\*For **powder form**, each **provided spoon** weight 200mg, equivalent to 1 capsule for health supplement.

\*For **cancer treatment**, each vegetarian capsule contains **500mg** of water-soluble PEN-Cur Nano curcumin.

