

Curcumin Menopause & Cognition Study

Simple Participant Summary



We are studying whether **Curcugen®**, a curcumin extract derived from turmeric, can improve memory, thinking, mood, sleep, fatigue and menopausal symptoms. We do not yet know whether it helps.

1 Who may be suitable?

- ✓ Women aged **40-65 years**
- ✓ Perimenopausal, or final menstrual period within the **past 6 years**
- ✓ Memory or thinking difficulties during most weeks over the **past 3 months**, beginning or worsening during menopause
- ✓ Intact uterus and at least one ovary
- ✓ BMI between **18 and 35**
- ✓ If using menopausal hormone therapy: unchanged for **at least 12 weeks**, with no planned changes

Other eligibility criteria apply, including medical conditions, medicines, supplements and nicotine use. The team will check with you.

2 What will I need to do?

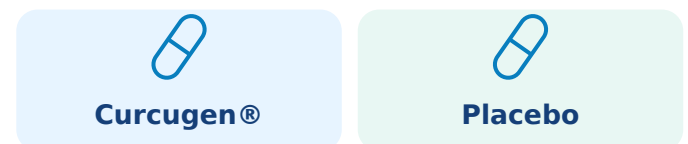


3 Key study requirements

- ✓ Take **1 capsule twice daily**, morning and evening **with food**, for 12 weeks
- ✓ Attend **2 visits** at our Duncraig clinic
- ✓ Complete online questionnaires at Weeks 4 and 8
- ✓ Return the study bottle and remaining capsules
- ✓ Tell the team about side effects or treatment changes

4 How are participants allocated?

The study compares **Curcugen®** with a **placebo** (inactive capsule). Allocation is by chance: **1 in 2 receive each**.



Neither you nor the researchers will know which group you are in during the study.

5 Reimbursement

Visit 1

\$40 voucher

Visit 2

\$120 voucher

\$160 total. Placebo participants will also be offered a complimentary 12-week supply of curcumin after the study.

6 Possible side effects / risks

Curcumin may cause abdominal discomfort, bloating, nausea, diarrhoea or headache.

Blood collection can cause discomfort or bruising; other complications are rare.

Participation is voluntary; you may withdraw at any time.

Questions?

We're happy to help.

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