Abbreviations and glossary

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ASA	Advertising Standards Authority
AUC0-n	Integrated area under the time-concentration curve following administration of a compound from 0 to n hours
BCM-95	Curcumin formulation composed of 95% standardised curcuminoids and turmeric essential oils.
BDMC	Bisdemethoxycurcumin
BMI	Body mass index
CBD	Cannabidiol
Cmax	Highest plasma concentration achieved following administration of a compound.
COT	The Committee on Toxicity of Chemicals in Food, Consumer Products, and the Environment
DAGs	Diacylglycerols
DMC	Demethoxycurcumin
FFA	Free fatty acids
GIT	Gastrointestinal tract
GRAS	Generally recognised as safe.
HBGV	Health-based guidance value
LCFA	Long chain fatty acids

MAGs	Monoacylglycerols
MCT	Medium chain triglycerides
MTHF	Methyltetrahydrofolate
NAD+	Nicotinamide adenine dinucleotide
NIH	National Institutes of Health
NLC	Nanostructured lipid carriers
NMN	Nicotinamide mononucleotide
PDI	Polydispersity index
SE(M/N)DDS	Self-emulsifying (micro/nano) drug delivery system
SLCP	Solid lipid curcumin particles
SLN	Solid lipid nanoparticles
THC	Tetrahydrocurcumin (c.f. the cannabinoid tetrahydrocannabinol ‘THC’, is not discussed in this paper)
Tmax	Timepoint following administration of a compound at which highest plasma concentration is achieved.