

# Abbreviations and glossary

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

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