

# el Periòdic News

## Christophe Lépine,

CEO AND FOUNDER OF CURCUMAXX

«We can't guarantee eternal youth, but we can limit ageing»



In 2011, CEO Christophe Lépine founded Curcumaxx, which is headquartered “in a small village near Toulouse.” Another company, in Andorra, is dedicated to the Andorran market and the development of all curcuma-based products in Europe. In the future, the company plans to develop two of the world's biggest markets: the United States and Russia. We talk to Christophe about the benefits of curcuma.

**—Curcuma is a plant whose root is used as a spice and colouring agent, as well as in the medical field. What is its most important quality?**

—Curcuma as such is not a medicine, nor is an effective plant. It is simply a dietary spice containing a compound called curcumin. This is what is healthy and can be included in food supplements.

The dietary supplementation does not require a prescription and can meet the needs of every individual.

Let me give you a simple example of how it works: an orange is not quite rich in vitamin C – you would have to eat eight oranges a day to get the concentration you need. Another example would be ginger root (which, like curcuma, belongs to the Zingiberaceae family). Curcuma is the same. We use

its rhizome, an underground stem that is sometimes called the root. The rhizome contains only 3% active curcumin. We specialise in extracting this 3% and combining it into 100% active ingredients.

**—Curcuma is one of the main ingredients in Ayurveda, a traditional Indian and Chinese medicine that dates back over a thousand years. In India, curcuma is often mixed with milk to make a vitamin drink. And what about Europe?**

—India is the motherland of curcuma. Despite very high levels of pollution there, its people have good immunity because the body's defence at cellular level, thanks to curcumin, begins at birth, when the mother feeds her baby.

In the Western world, we don't have this tradition. That's why Westerners are advised to treat illnesses as a preventive measure.

In fact, daily consumption of curcumin acts as cellular protection, limiting the risk of disease. What's more, curcumin prevents viruses from entering the body, heals wounds and protects the gastric flora. In other words, in general, it's an effective active ingredient that defends the body.



**—What is the best way to consume this product to see its effects?**

As noted previously, one gram of curcuma root contains around 3% active ingredient. If you're feeling well, taking 30 mg a day, as a preventive measure, will limit the risk of disease. By following two one-month or one-and-a-half-month courses of treatment, (e.g., October-November and March-April), you limit

the risk of viral illnesses (sore throats, flu, etc.). It's a boost to the immune system.

Around the age of 30-40, you need to start thinking more seriously about prevention and then treatment.

If you already have a pathology, you need 140 to 150 mg of active ingredient a day.







—Curcuma is considered the elixir of youth. Is this true?

—Absolutely, because it's all about protecting the cells. The more we protect our cells, the less they age. We can't guarantee eternal youth, but we can limit ageing.

—Do you personally take curcumin and for how long?

—I've been taking curcumin for about 20 years and I feel perfectly well!

—Curcumaxx develops and offers a range of food supplements,



mainly composed of curcumin and curcuminoids. What is their main value?

In Europe, according to the legislative nomenclature, we are authorised to use anti-inflammatories for headaches, joint pain, muscle pain and painful menstruation. With a good dose of curcumin, pain disappears in 20 minutes. This has been verified.

Anti-inflammatories are considered irreplaceable in the sports' world. That's why we sponsored the Education First cycling team for two years, giving them the benefit of our products.

What's more, curcumin ensures a good pH balance, which is responsible for regulating psychological stress and enabling the body to sleep well. And a good night's sleep is known to

promote rapid recovery.

—Are there any contraindications to taking curcumin?

—Curcuma thins the blood. Contraindications include hepatitis, gastritis, ulcers, vascular disease and glaucoma.

Given what scientific studies have shown, consuming curcuma is not at all a good idea if you suffer from kidney stones.

—You have the Ecocert and Nature & Progrès quality certificates. What does this mean? Is it difficult to obtain quality certificates in France?

—Curcumaxx products are certified by Ecocert (a private body recognised by the state) and by Nature & Progrès. We began by offering drinkable solutions and have since developed curcuma into capsules, joint and muscle gel to soothe inflammatory conditions, and so on.

The Nature & Progrès certificate commits us to traceability, from the root to the finished product and in terms of composition. It is much more difficult to obtain this certificate than Ecocert.

The rhizome is imported and inspected by Ecocert before and on arrival. The controls are standard: they check for the absence of lead, mercury and pesticides, but they also check the curcuminoid content, which must be over 95%.

Curcumaxx is made in France to strict specifications.

It's important to respect the dosages indicated on the

products.

—Where are your production facilities located?

—To extract the active ingredient and manufacture the finished product, a food additive, we have been working with farmers in India, who have been supplying us with rhizomes for the last 15 years. The finished product is manufactured near Toulouse.

—Where can we buy your products?

—These are natural products certified at European level, so they can be found in organic shops. The products can also be bought via our website.

We offer drinkable solutions (the most effective ones for rapid relief of inflammation) and capsules (the most practical and comfortable form for daily preventive treatment).

—How do you plan to develop your business?

—According to statistics, two out of four people have the problems described above or suffer from chronic illnesses. We're expanding in Europe (we have distributors in Portugal, Switzerland and Belgium); we've also moved closer to the United States, and we're exploring the prospects of entering the Russian market. We hope to find a specialised distributor who can organise sales to the Russian population. If there is a demand, we will find the ways and means to meet it. ●

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## ECONOMY

# Non-EU workers must prove four years of experience to access the general quota

Exceptionally, there are 300 workers who will be able to move to the general quota

ANNA MENCOS VIÑALS  
ANDORRA LA VELLA

Non-EU workers who want to come to work in the country will have to prove four years of experience again to access the general quota from April 1st. This is how the proposal to modify the regulation of the general quota of workers was submitted last Tuesday morning to the Economic and Social Council, which, in principle, will be approved by the Council of Ministers.

The Minister of the Presidency, Economy, Work and Housing, Conxita Marsol, recalled that this regulation had been approved in October last year in order to make the conditions of people who came to work in Andorra more flexible at the level of experience, as well as complying with the needs and demands of the sectors. In addition, the regulations allowed the experience to be reduced to one season in the country in order to be eligible for the general regime.

During the session, what was decided was to return to the old system and, therefore, from April 1st, four years of experience will have to be proven to work at the general quota. The minister detailed that these years can be credited in different ways: «They can be three years in your country and one season in Andorra, two seasons in Andorra and two in your country, or three seasons in the Principality and one year in your country».



A moment of the meeting of the Economic and Social Council (CES) that took place last Tuesday.

## The president of the CEA emphasized the need to have an additional 30% to reach 390 workers

Marsol explained that the reason why it was decided that the four years of experience were necessary again is because, on the one hand, there is a need to provide a service of higher quality and with more experience, but also because «it is a reaction to the growth of this country».

However, the minister pointed out that in the last year, the Principality has grown by 4,000 people, which makes it difficult

to «continue to take on these numbers of people because the housing market, the infrastructures and the general situation of the country». This modification of the regulation has been discussed with the different associations of the sector, which have this worker profile, emphasizing that «everyone has understood that it was necessary to take this step».

Bearing in mind that the old regulation was from October last year and that, in the case of some recruitments that have been made for this season in which the employers had communicated to their workers that they could continue to host to the general quota, an exceptionality has been put in place to solve

this case: «There are 300 workers who will be able to move to the general quota on the basis of a season of experience», said Marsol. In this sense, the minister warned that the people who request this transfer will have to continue working for the same company and, therefore, «they will not be able to change sectors». From the CEA and the business sector as a whole, it has been requested that this exception of 300 workers can be extended up to 30% in case of need, although Marsol did not advance whether the proposal will be favorable or not, it remembers that in the summer a new quota will be opened again and, therefore, «if any company has a shortfall it will also be able

SFG



# experience

to cover it».

From the point of view of the employer, the president of the CEA, Gerard Cadena, stated that the will of the business community is that the exceptionality of the workers who will be able to stay in Andorra with only one season of experience reaches the 400 people instead of 300. However, it affected the need to have this additional 30% in case of need and thus be placed on top of the 390 workers. If this demand is finally favorable «we would come to find a match between the real needs that we had foreseen and the quota that we can give», he indicated.

In turn, the Secretary General

of the USdA, Gabriel Ubach, reiterated that his participation in the CES meeting this Tuesday once again focused on the problem of housing, a crisis that «is delaying and delaying» and for which there is still no data available. «What we see is that we have already eaten up almost six months of this year and we only have three more years to be able to solve the problem», so, he added, «we see that this will not progress». In the same vein, he criticized the Government's «mix of concepts» with social flats, which are intended for people with difficulties, and official protection or affordable rental flats, which, according to Ubach, the country needs more.

**DEMONSTRATION OF MAY 1ST** // However, Ubach confirmed the demonstration that will take place next May 1st jointly between the unions and the Coordinator for a Decent Housing. Precise-



## Conxita Marsol

MINISTER OF THE PRESIDENCY,  
ECONOMY, LABOR AND HOUSING

«There is a need to provide a higher quality service, but it is also a reaction to the growth of the country»

## Gerard Cadena

PRESIDENT OF THE CEA

«If it is favorable, we would find a match between the needs that we had foreseen and the quota that we can give»

ly, he explained that the procedure «is already underway» and that there are some initial meetings to establish the exact schedule and route. In addition, it was also used to prepare the popular legislative initiative (ILP) that we want to launch, a work that we later want to extrapolate to the parliamentary groups «so that they can also look at it and make it their own».

In this sense, the trade unionist once again criticized that housing is an issue that «does not concern» the Government nor «the parliamentary groups of the opposition», which, for the moment, have not taken a position in favor of the protest. The concentration, however, will also serve to demonstrate for other existing problems in the country such as wages, pensions or the health system. «The Government is letting the apples rot in the basket», he criticized. ●



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