

Table S2  
 Excel file available upon request to Michal Heger

Source	Species	Administration	Dose	Clin. Time	Sample	Analyte	Concentrations
1 Ansel P, Mol Pharm 2007 4 803-818	Human	oral	2300 mg curcumin, single dose *purity of curcumin not specified	N/A	plasma	curcumin	0 15 30 45 60 90 120 150 180 min
							0 2.4 2.6 2.8 3.0 3.2 3.4 3.6 3.8 4.0 0 1.2 1.6 2.0 2.4 2.8 3.2 3.6 4.0 n 0.4 nM Only found in 3 of 4 patients who were given the 3000 mg dose, the lower dosages yielded no curcumin (plasma levels) nM/mg administered curcumin (x1000)
2 Gurusu C, J Clin Cancer Res 2004 9 3033-3035	Human	oral	450, 1800, or 3600 mg curcumin/day for 1 week *Dose administered contained 500 mg curcuminoids: 450 mg curcumin, 30 mg DMAC, 20 mg BMDAC	N/A	serum	curcumin	0 1 2 3 4 5 6 7 8 9 10 11 12 h
							0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 0 0.25 0.5 0.75 1.0 1.25 1.5 1.75 2.0 2.25 2.5 2.75 3.0 n 0.4 nM Only found in 3 of 4 patients who were given the 3600 mg dose, the lower dosages yielded no curcumin (plasma levels) nM/mg administered curcumin (x1000)
3 Gurusu C, Cancer Epidemiol Biomarkers Prev 2005 14 120-125	Human	oral	450, 1800, or 3600 mg curcumin/day for 1 week *Dose administered contained 500 mg curcuminoids: 450 mg curcumin, 30 mg DMAC, 20 mg BMDAC	N/A	plasma	curcumin	0 15 30 45 60 120 180 240 300 360 min
							0 0.25 0.5 0.75 1.0 1.25 1.5 1.75 2.0 2.25 2.5 2.75 3.0 0 0.125 0.25 0.375 0.5 0.625 0.75 0.875 1.0 1.125 1.25 1.375 1.5 n 0.4 nM Only found in 3 of 4 patients who were given the 3600 mg dose, the lower dosages yielded no curcumin (plasma levels) nM/mg administered curcumin (x1000)
4 Shoba G, Planta Medica 1998 64 353-356	Human	oral	3000 mg curcumin single dose *purity of curcumin not specified	N/A	serum	curcumin	0 15 30 45 60 120 180 240 300 360 min
							0 0.25 0.5 0.75 1.0 1.25 1.5 1.75 2.0 2.25 2.5 2.75 3.0 0 0.125 0.25 0.375 0.5 0.625 0.75 0.875 1.0 1.125 1.25 1.375 1.5 n 0.4 nM Only found in 3 of 4 patients who were given the 3600 mg dose, the lower dosages yielded no curcumin (plasma levels) nM/mg administered curcumin (x1000)
5 Cheng AL, Anticancer Res 2002 21 2995-2000	Human	oral	4000 mg curcumin, single dose 6000 mg curcumin, single dose 8000 mg curcumin, single dose	N/A	serum	curcumin	0 15 30 45 60 120 180 240 300 360 min
							0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 0 0.25 0.5 0.75 1.0 1.25 1.5 1.75 2.0 2.25 2.5 2.75 3.0 0 0.125 0.25 0.375 0.5 0.625 0.75 0.875 1.0 1.125 1.25 1.375 1.5 n 0.4 nM Only found in 3 of 4 patients who were given the 3600 mg dose, the lower dosages yielded no curcumin (plasma levels) nM/mg administered curcumin (x1000)
6 Sharma RA, Clin Cancer Res 2004 10 6817-6824	Human	oral	3600 mg curcumin/day 450, 900, or 1800 mg curcumin/day *Cycasin treatment period lasted disease progression was monitored at random was undertaken *Cycasin contained 500 mg curcuminoids: 450 mg curcumin, 45 mg DMAC, 30 mg BMDAC	N/A	plasma	curcumin	Day 1 Day 2 Day 8 Day 29
							0 0 0 0 0 0 0 0 n 0.4 nM Values below detection limit
7 Sharma RA, Clin Cancer Res 2003 7 1898-1900	Human	oral	36, 72, 108, 144, or 180 mg/day twice treatment period (24 h treatment) *Cycasin contained 20 mg curcuminoids: 18 mg curcumin, 2 mg DMAC in water in capsules, addition, and ingested as pill	N/A	plasma	curcumin	Day 1 Day 2 Day 8 Day 29
							0 0 0 0 0 0 0 0 n 0.4 nM Values below detection limit
8 Antony B, Indian J Pharm 2008 70 445-449	Human	oral	2000 mg curcumin, single dose	N/A	plasma	curcumin	0 30 60 120 180 270 360 480 min
							0 0.16 0.32 0.48 0.64 0.80 0.96 1.12 1.28 0 0.08 0.16 0.24 0.32 0.40 0.48 0.56 0.64 n 0.4 nM Values below detection limit
9 Cuomo L, Mol Prod 2011 74 654-669	Human	oral	1200 mg curcumin, single dose	N/A	plasma	curcumin	0 2 4 8 24 h
							0 120 240 480 min 0 7 20 37 51 n 0.4 nM Values below detection limit
10 Katal M, Cancer Chemother Pharmacol 2011 68 157-64	Human	oral	8000 mg curcumin/day *Cycasin capsule (23 capsules) contained 72% curcumin, 22% DMAC, and 6% BMDAC *Administered in comb with genistein	N/A	plasma	curcumin	0 2 4 8 24 h
							0 120 240 480 min 0 26.9 53.8 107.6 215.2 430.4 n 0.4 nM Values below detection limit
11 Dhillon N, Clin Cancer Res 2008 14 4661-4669	Human	oral	8000 mg curcumin/day *Capsules contained 3000 mg curcuminoids, 900 mg curcumin, 80 mg DMAC, 30 mg BMDAC	N/A	plasma	curcumin	0 2 6 24 h
							0 120 360 480 min 0 60 111 218 nM n 0.4 nM Values below detection limit
1 Ansel P, Adv A 2000 47 2705-2703	Human	per gavage	100 mg curcumin/kg, single dose *Dose administered contained curcuminoids: 100 mg curcumin, 10 mg DMAC, 20 mg BMDAC *70 mg curcumin/kg	N/A	plasma	curcumin	0 0.5 1 2 4 24 h
							0 0.25 0.5 1.0 2.0 4.0 0 0.125 0.25 0.5 1.0 2.0 n 0.4 nM Values below detection limit
2 Maiti K, W J Pharm 2007 130 155-163	Human	per gavage	3000 mg curcumin/kg, single dose *purity of curcumin not specified	N/A	serum	curcumin	0 15 30 45 60 120 180 240 300 360 480 min
							0 0.8 1.6 2.4 3.2 4.0 4.8 5.6 6.4 7.2 8.0 8.8 9.6 0 0.4 0.8 1.2 1.6 2.0 2.4 2.8 3.2 3.6 4.0 4.4 4.8 n 0.4 nM Values below detection limit
3 Marjotin TL, Cancer Chemother Pharmacol 2007 60 171-177	Human	per gavage	140 mg curcumin/kg, single dose *Dose administered contained curcuminoids: 77% curcumin, 17% DMAC, 6% BMDAC	N/A	plasma	curcumin	0 15 30 60 120 min
							0 0.33 0.67 1.0 1.33 1.67 0 0.165 0.335 0.505 0.675 n 0.4 nM Values below detection limit
4 Shoba G, Planta Medica 1998 64 353-356	Human	per gavage	2300 mg curcumin/kg, single dose *purity of curcumin not specified	N/A	serum	curcumin	0 15 30 45 60 120 180 240 300 360 min
							0 0.4 0.8 1.2 1.6 2.0 2.4 2.8 3.2 3.6 4.0 4.4 4.8 0 0.2 0.4 0.6 0.8 1.0 1.2 1.4 1.6 1.8 2.0 2.2 2.4 n 0.4 nM Values below detection limit
5 Raveendran V, Toxicology 1980 16 239-263	Human	per gavage	400 mg curcumin/dietal	N/A	portal blood	curcumin	0 0.25 0.5 1 3 5 7 18 24 h
							0 15 30 60 180 360 420 1080 1440 min 0 0.0 0.0 0.0 0.4 0.4 0.4 0.0 0.0 0.0 0.0 n 0.4 nM Values below detection limit, LOD = 1.87 nM
6 Raveendran V, Toxicology 1980 16 239-265	Human	per gavage	400 mg curcumin/dietal	N/A	cardiac blood	curcumin	0 0.25 0.5 1 3 5 7 18 24 h
							0 15 30 60 180 360 420 1080 1440 min 0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 n 0.4 nM Values below detection limit, LOD = 1.87 nM
7 Wakhrenko S, Acta Pharmacol Toxicol 1978 43 86-92	Human	per gavage	3000 mg curcumin/kg, single dose *purity of curcumin not specified	N/A	plasma	curcumin	Only detectable in 1 of 4 animals 3 h after administration per gavage *LOD = 14 nM
							0 0.5 1 3 5 7 24 h 0 30 60 180 360 420 1440 min 0 0.15 0.3 0.45 0.6 0.75 0.9 1.05 1.2 n 0.4 nM Values below detection limit
8 Raveendran V, Toxicology 1980 22 337-344	Human	per gavage	10 mg curcumin/dietal 80 mg curcumin/dietal 400 mg curcumin/dietal	N/A	plasma	[14] curcumin	0 0.5 1 3 5 7 24 h
							0 0.15 0.3 0.45 0.6 0.75 0.9 1.05 1.2 0 0.075 0.15 0.225 0.3 0.375 0.45 0.525 0.6 n 0.4 nM Values below detection limit
9 Yang KY, Chromosom 2007 63 183-189	Human	per gavage	500 mg curcumin/kg, single dose	N/A	plasma	curcumin	0 10 30 60 90 120 150 180 210 240 min
							0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0 1.1 1.2 0 0.05 0.1 0.15 0.2 0.25 0.3 0.35 0.4 0.45 0.5 0.55 0.6 n 0.4 nM Values below detection limit
10 Hesse C, Cancer Res 2001 61 3058-3064	Human	intravenous	40 mg curcumin/kg, single dose *purity of curcumin not specified	1 min (hep.)	plasma	curcumin	0 15 30 60 90 120 180 240 min
							0 0.15 0.3 0.45 0.6 0.75 0.9 1.05 1.2 0 0.075 0.15 0.225 0.3 0.375 0.45 0.525 0.6 n 0.4 nM Values below detection limit
1 Pan M, Drug Metab Dispos 1999 27 486-494	Human	per gavage	3000 mg curcumin/kg, single dose *purity of curcumin not specified	N/A	plasma	curcumin	0 0.25 0.5 1 2 3 4 6 8 h
							0 0.125 0.25 0.375 0.5 0.625 0.75 0.875 1.0 0 0.0625 0.125 0.1875 0.25 0.3125 0.375 0.4375 0.5 n 0.4 nM Values below detection limit
2 Pan M, Drug Metab Dispos 1999 27 486-494	Human	intraperitoneal	100 mg curcumin/kg, single bolus *purity of curcumin not specified	N/A	plasma	curcumin	0 15 30 60 120 180 240 300 360 min
							0 0.25 0.5 1 2 3 4 6 8 h 0 0.125 0.25 0.375 0.5 0.625 0.75 0.875 1.0 n 0.4 nM Values below detection limit
3 Perkins S, Cancer Epidemiol Biomarkers Prev 2002 11 155-160	Human	intraperitoneal	100 mg curcumin/kg, single bolus	N/A	plasma	[14] curcumin	0 15 30 60 120 240 480 1080 min
							0 0.5 1 2 4 8 16 32 h 0 0.25 0.5 1 2 4 8 16 32 n 0.4 nM Values below detection limit