CLAIMS

What is claimed is:

1. A composition for improving human health, comprising: (a) an effective amount of apoaequorin; (b) an effective amount of curcumin; and (c) an acceptable carrier; and wherein the effective amount of apoaequorin is approximately 10 mg/dose to 80 mg/dose and the effective amount of curcumin is approximately between 80 mg/dose to 1200 mg/dose..

2. The composition according to claim 1, further comprising an immune boosting agent, anti-inflammatory agent, anti-oxidant agent, anti-viral agent, or a mixture thereof.

3. The composition according to any one of claims 1 or 2, wherein said composition is in a unit dosage form selected from a tablet, a capsule, a solution, a suspension, a syrup, a beverage, or an oral or ophthalmic formulation.

4. The composition according to any one of claims 1-3, wherein said composition is in the form of a nutraceutical composition.

5. Use of a composition of any one of claims 1-4 in the manufacture of a medicament for improving a symptom or disorder, wherein the medicament is to be administered to a subject in need thereof.

6. The use according to claim 5, wherein the symptom or disorder is sleep-related and administration of the composition of any one of claims 1-3 to said subject improves sleep quality in the subject.

7. The use according to claim 5, wherein the symptom or disorder is energy-related and administration of the composition of any one of claims 1-4 to said subject improves energy quality in the subject.

8. The use according to claim 5, wherein the symptom or disorder is mood-related and administration of the composition of any one of claims 1-4 to said subject improves mood quality in the subject.

9. The use according to claim 5, wherein the symptom or disorder is pain-related and administration of the composition of any one of claims 1-4 to said subject alleviates pain in the subject.

10. The use according to claim 5, wherein the symptom or disorder is memory-related and administration of the composition of any one of claims 1-4 to said subject improves memory quality in the subject.

11. The use according to claim 5, wherein the symptom or disorder is mental-related and administration of the composition of any one of claims 1-4 to said subject improves a mental disorder in the subject.

12. The use according to claim 5, wherein the symptom or disorder is mental-related and administration of the composition of any one of claims 1-4 to said subject improves anxiety in the subject.

13. The use according to claim 5, wherein the symptom or disorder is mental-related and administration of the composition of any one of claims 1-4 to said subject improves cognitive function in the subject.

14. The use according to claim 5, wherein the symptom or disorder is related to neuronal excitability, muscle contraction, membrane permeability, cell division, hormone secretion, bone mineralization, or cell death following ischemia.

15. The use according to any one of claims 5-14, wherein the composition is to be administered to said subject in the form of a nutraceutical composition.

16. The use according to any one of claims 5-14, wherein the composition is to be orally administered to said subject.

17. Use of a composition according to any of claims 1-4 for the manufacture of a nutraceutical composition for treating or improving human health in a subject, wherein said nutraceutical composition is to be administered to the subject.

18. Use of a composition according to any of claims 1-4 for the manufacture of a nutraceutical composition for improving a mental disorder, anxiety, cognitive function, sleep, energy, mood, pain, or memory in a subject.