

ORGANIC TURMERIC POWDER

CURCUMA LONGA

PRODUCT SPECIFICATION

PRODUCT CODE: ORTUM846IN

PRODUCT CHARACTERISTICS

Botanical Name
Plant Part
Description
Flavor
Solubility
Preservatives
Origin
Tariff Code
Shipping Classification
Storage
Availability

SPECIFICATION

CURCUMA LONGA
Roots
Powder 60 mesh red-pink color
Typical natural
Soluble in Water
None
India
0813.30.00
60 M
Dry at 20 C / 70 F
Year-round



DESCRIPTION:

Turmeric and especially its most active compound **curcumin** have many scientifically-proven **health benefits**, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

The turmeric on shelves and in spice cabinets is made of the ground roots of the plant. The bright yellow color of processed turmeric has inspired many cultures to use it as a dye. Ground turmeric is also a major ingredient in curry powder

POSITIVE SIDE EFFECTS:

While turmeric is a flavorsome spice that is nutritious to consume, it has also traditionally been used in Ayurvedic and Chinese medicine to treat inflammatory conditions, skin diseases, wounds, digestive ailments, and liver conditions

ANTI-INFLAMMATORY:

The Arthritis Foundation cites [several studies](#) in which turmeric has reduced inflammation. This anti-inflammatory ability might reduce the aggravation that people with [arthritis](#) feel in their joints. The foundation suggests taking turmeric capsules of 400 to 600 milligrams (mg) up to three times per day for inflammation relief.

PAIN RELIEF:

Turmeric is thought of as a pain reliever. The spice is reputed to relieve arthritis pain as well. Studies seem to support turmeric for pain relief, with [one study](#) [Trusted Source](#) noting that it seemed to work as well as ibuprofen (Advil) in people with arthritis in their knees. Though dosing recommendations seem to vary, those who participated in the study took 800 mg of turmeric in capsule form each day.

IMPROVING LIVER FUNCTION:

Turmeric has been getting attention recently because of its [antioxidant](#) abilities. The antioxidant effect of turmeric appears to be so powerful that it may stop your liver from being damaged by toxins. This [could be good](#) [news](#) [Trusted Source](#) for people who take strong drugs for [diabetes](#) or other health conditions that might hurt their liver with long-term use.

IT MAY HELP REDUCING THE RISK OF CANCER:

Curcumin shows promise as a [cancer](#) treatment. [Studies suggest](#) [Trusted Source](#) it has protective effects against [pancreatic cancer](#), [prostate cancer](#), and [multiple myeloma](#).

DIGESTION :

Turmeric adds flavor to food, which explains its presence in curry powder. However, turmeric can also play an important role in digesting that food. The spice can contribute to healthy digestion as a result of its antioxidant and anti-inflammatory properties. Turmeric is used in Ayurvedic medicine as a digestive healing agent. Western medicine has now [begun to study](#) [Trusted Source](#) how turmeric can help with gut inflammation and gut permeability, two measures of digestive efficiency.

According to the United States Department of Agriculture (USDA) National Nutrient Database, one tablespoon (tbsp) of turmeric powder [contains](#)[Trusted Source](#):

- 29 [calories](#)
- 0.91 grams (g) of protein
- 0.31 g of fat
- 6.31 g of [carbohydrates](#)
- 2.1 g of fiber
- 0.3 g of sugar

That same [1-tbsp serving](#) provides:

- 26 percent of daily manganese needs
- 16 percent of daily iron
- 5 percent of daily [potassium](#)
- 3 percent of daily [vitamin](#) C

INGREDIENT STATEMENT

Produced with Organic Turmeric

ALLERGEN STATEMENT

There is no historical data available of any case of Allergies with Turmeric- Produced with 100% Natural organic fruit with no carriers, confirmed Allergen Free.

TURMERIC POWDER IS PRODUCED/PROCESSED FROM RAW MATERIALS THAT ARE:

Not genetically modified.

No enzymes, preservatives or additives are used during the production.

No Irradiation is used in or during the process.

No ETO used

BSE FREE.

No Gluten.

They are Vegetarian and Vegan

PACKAGING and STORAGE

Industrial: Double line Plastic Bag heat-sealed, corrugated carton. Store in Dry Place, away from light, in original and closed packaging, avoiding direct contact with the floor, store in temperatures between 20 C (71 F) and 25 C (73 F) , This product may be hygroscopic.

SHELF LIFE

24 months from production date, after manufacturer packing opened valid for maximum 12 months.