Turmeric

What is it?
Turmeric has traditionally been used as an Indian or Asian culinary spice, however it is also used medicinally. You could eat it in meals, but in order for it to have it’s maximum effect, it may be better to take it as a supplement. Turmeric has potent effects on the gastrointestinal system where it acts to decrease inflammation and promote healing of the gut. It is also recommended for breast, colon, and prostate cancer prevention. It also has beneficial effects for arthritis pain relief. Turmeric may be a good option for you if you have been taking chronic NSAIDs like ibuprofen (Advil, Motrin) or naprosyn (Aleve).

How much should I take?
The dose range is wide, but a total of 1-2 grams of curcuminoids (the active ingredient) per day is a good place to start. Be sure to read the back of the label to find out how many capsules a day this would be! A good brand is critical. The product available at the Student Health Center Pharmacy has been carefully chosen for your health. If you are taking this for a condition other than for the GI system, be sure your product has added natural constituents to help absorption into the system.

Is it safe?
The most common side effect is mild gastrointestinal upset. It is not recommended if you have known gall stones or if you are pregnant. If you have any further questions or concerns about turmeric please consult a pharmacist or provider. We are committed to your health and wellbeing!