



# Turmeric Root Extract

*Nature's powerhouse for inflammation and overall wellness*

Overall Effectiveness: 9/10    Impact on Mitochondria: 8/10

Supplement Essentials	Usage Guidelines	Insights
<p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>Reduces inflammation and joint pain.</li> <li>Supports brain health and cognitive function.</li> <li>Boosts immune system function.</li> <li>Promotes digestive health and gut balance.</li> </ul> <p><b>Recommended Dose:</b></p> <ul style="list-style-type: none"> <li>500–2,000 mg of curcuminoids daily, divided into 1-3 doses.</li> </ul> <p><b>Upper Limit:</b></p> <ul style="list-style-type: none"> <li>Maximum safe dose: 8,000 mg per day for short-term use, though long-term use should stay below 2,000 mg.</li> </ul> <p><b>Parts of the Human Anatomy That Benefit:</b></p> <ul style="list-style-type: none"> <li>Joints</li> <li>Brain</li> <li>Digestive system</li> <li>Immune system</li> </ul>	<p><b>Time of Day to Take:</b></p> <ul style="list-style-type: none"> <li>Morning or with meals.</li> </ul> <p><b>With or Without Food:</b></p> <ul style="list-style-type: none"> <li>Take with food, especially those containing healthy fats.</li> </ul> <p><b>Solubility:</b></p> <ul style="list-style-type: none"> <li>Fat-soluble.</li> </ul> <p><b>Bioavailability:</b></p> <ul style="list-style-type: none"> <li>Improved when paired with black pepper extract (piperine) or healthy fats.</li> </ul> <p><b>Interactions &amp; Contraindications:</b></p> <ul style="list-style-type: none"> <li>May interact with blood thinners, diabetes medications, and anticoagulants.</li> <li>Avoid if you have gallstones or bile duct obstruction.</li> </ul>	<p><b>Target Audience:</b></p> <ul style="list-style-type: none"> <li>Individuals with joint pain or arthritis.</li> <li>Those seeking cognitive or digestive health support.</li> <li>Athletes or active individuals.</li> </ul> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>Upset stomach or nausea in high doses.</li> <li>May cause allergic reactions in some individuals.</li> </ul> <p><b>Duration of Use:</b></p> <ul style="list-style-type: none"> <li>Safe for long-term use within recommended doses.</li> </ul> <p><b>Availability:</b></p> <ul style="list-style-type: none"> <li>Widely available online and in health stores.</li> </ul> <p><b>Flavor or Texture:</b></p> <ul style="list-style-type: none"> <li>Earthy, slightly bitter taste (common in powders or capsules).</li> </ul>
<p><b>Scientific Evidence:</b></p> <ul style="list-style-type: none"> <li>Strong evidence supports turmeric's anti-inflammatory and antioxidant properties, especially due to curcumin.</li> </ul> <p><b>Sustainability and Ethics:</b></p> <ul style="list-style-type: none"> <li>Often organic and sustainably sourced; look for certifications like USDA Organic.</li> </ul> <p><b>Recent Research and Trends:</b></p> <ul style="list-style-type: none"> <li>Emerging studies explore turmeric's role in reducing oxidative stress and its potential in managing neurodegenerative diseases.</li> </ul>		

**Disclaimer:** Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).