

True Veda Organic Turmeric

Description:

Our Organic Turmeric is an all-natural & high strength supplement specifically designed to furnish the body with all the benefits of turmeric. Our formulation, along with turmeric powder, includes organic ginger and black pepper which have been found to boost the absorption of Curcumin and other Curcuminoid nutrients found in Turmeric.

This is because these key compounds in turmeric [curcuminoids and curcumin] itself are not well absorbed in the body and thus many of its benefits might be lost. Piperine, a bioactive compound found in Black Pepper, amongst many other benefits, has been shown to boost the absorption of curcumin. By adding black pepper to our supplement we make sure your body absorbs all the beneficial nutrients from Turmeric.

Nevertheless, in comparison to our Turmeric Gold product, our Organic Turmeric capsules contain a little less Black Pepper to be gentler on the stomach for those with sensitivity.

General benefits:

By focusing on a Turmeric blend that contains not just Curcumin but 200+ forgotten compounds like Turmerones, there are various benefits that can be reaped from this all-natural supplement. Turmeric is known to provide natural anti-inflammatory and antioxidant effects on the body whilst also supporting cardiovascular health, joint support and pain relief. The powerful supplement is also known to improve symptoms of depression and improve skin health.