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## Debunking Medical Myths: Turmeric: The Wonder Spice?

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# Turmeric: The Wonder Spice?

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Group Orange 28

## The Myth: Turmeric can reduce inflammation



### Curcumin

is a medically active component in turmeric that has been hypothesized to have anti-inflammatory properties.

## The Evidence:

Despite many studies being done with curcumin, **none** have been able to indicate overall anti-inflammatory status.



## Only 1-6% of turmeric is curcumin

Regardless of its effectiveness, curcumin levels in turmeric will often be **too low** to have any pharmacologic benefit.

## Low Bioavailability



Low bioavailability of curcumin due to poor absorption and solubility limits its ability to have therapeutic benefits.

## Potential Risks



Some FDA studies have found turmeric powders to be contaminated with lead.



Turmeric use with certain medications can have harmful adverse effects.