

ERB

Turmeric Powder



ERB TURMERIC POWDER

Turmeric has become a well-known spice for its active compound, curcumin, which has been extensively researched for its numerous health benefits, including supporting joint health and reducing inflammation. Moreover, turmeric has gained popularity in culinary circles, and due to its vibrant color and distinctive flavor, it has become a staple ingredient in countless curry dishes worldwide.

BENEFITS

- Promotes heart health*
- Supports the circulatory system*
- Supports joint health*
- Has anti-inflammatory properties *
- Supports the immune system*
- Provides curcumin

FEATURES



Non-GMO



No Gluten,
Wheat, or Yeast



No Milk
or Lactose



No Sweeteners
or Preservatives



No Artificial
Color or Flavor



Organically
Grown

FAQ

Q: What led you to offer turmeric as a powder instead of capsules?

A: We opted for this loose, fine powder because it's more readily available for all our markets. This form provides versatility, allowing users to incorporate this whole food into various recipes for the entire family to enjoy. It enables users to blend multiple nutritional ingredients together in smoothies or other recipes to enhance the nutritional value.

Q: As this is a whole food, can I consume too much turmeric?

A: The recommended daily intake of turmeric varies depending on how it's used. Our serving size of one scoop (4.2 g) is for individual use. However, when turmeric is used in recipes, the amount used is based on personal taste preferences and flavor intensity. If you have any concerns, we advise consulting your healthcare provider.

HOW TO USE

A staple in Indian cuisine and traditional medicine for centuries, turmeric enhances a variety of dishes. From potatoes, pastas and stir-fries to soups and salads, it's a versatile addition, particularly renowned for its role in curries. Elevate baked goods with a pop of color, flavor, and nutrition by incorporating turmeric into recipes.

Always read the product label – Use as directed.

WARNING: Do not use this product if you are pregnant or breastfeeding. Please consult with your physician or healthcare professional prior to use.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



INGREDIENT HIGHLIGHTS

TURMERIC

Each of our ERB Functional Whole Food products is organically grown and made from only one ingredient, the food itself. With minimal processing, it's either ground into fine powders or left as whole seeds, ensuring you receive the pure essence of the food with nothing added or taken away. Enjoy the ERB functional whole food ingredients backed by Sunrider's high-quality assurance standards.

Nutrition Facts

50 servings per container
Serving size 1 Scoop (4.2g)

Calories		per serving	10
Amount per serving	% DV*	Amount per serving	% DV*
Total Fat 0g	0%	Total Carbohydrate 3g	1%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	Protein 0g	
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organically grown Turmeric Powder.