

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



50 Servings: NET WT.
7.4 oz. (210 g)

#0208427

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.



INGREDIENTS

Turmeric

FAQs

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

A: We chose this loose powdered version as it is more readily available for all of our markets. This form provides versatility, allowing users to incorporate this whole food into various recipes for the entire family to enjoy. Moreover, it enables users to stack multiple nutritional ingredients together in smoothies or other recipes to enhance the overall 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

Blend 1 scoop (4.2 g) daily into 8 –12 oz. of water, your preferred beverage, or recipe of your choice. A great way to add nutrition into your favorite dishes

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.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.