

The Turmeric That Works Cheat Sheet

Turmeric's active compound, curcumin, has real anti-inflammatory effects in studies. The catch: swallowed on its own it is barely absorbed, which is why a spoonful in your curry does little and even many supplements underdeliver. How you take it decides whether it works.

What the evidence actually says

- 1** Poorly absorbed: curcumin on its own is broken down and cleared before it can do much.
- 2** Black pepper: the piperine in it meaningfully raises how much curcumin you absorb.
- 3** With fat: taking it alongside oil or a fatty meal also improves uptake.
- 4** 500 to 1,000 mg: the curcumin range studied for inflammation, far more than a pinch of spice.
- 5** Not risk-free: highly absorbable formulas have been tied to rare liver injury.

The plan and the safety line are on page 2.

Your 3-step plan

Step 1: Pair it, do not just sprinkle it

Curcumin is poorly absorbed alone. Take it with black pepper and a source of fat, or cook it into a dish that has both, so more of it actually reaches your bloodstream instead of passing straight through.

Step 2: Match the dose to the goal

Cooking flavors your food; it does not reach study doses. If relief is the aim, supplements are usually taken with food at around 500 to 1,000 milligrams of curcumin a day, not a pinch of spice.

Step 3: Respect the liver warning

Highly absorbable formulas have been tied to rare liver injury. Watch for fatigue, nausea, dark urine or jaundice, and avoid supplement doses in pregnancy.

The safety line

Rare liver injury has been reported with concentrated, highly absorbable formulas. Stop and call your provider if you notice fatigue, nausea, dark urine or jaundice. Avoid supplement doses in pregnancy, and check with your provider first, especially alongside medication.

This plan pairs with the full article, sources and all: agelesscoach.com/articles/the-reason-turmeric-barely-works-on-its-own

Educational information, not medical advice. These statements have not been evaluated by the FDA. This plan is not intended to diagnose, treat, cure, or prevent any disease. Check with your healthcare provider before starting any supplement, especially alongside medication.