

Turmeric vs. Curcumin

What do they actually do (and who shouldn't take them)?

For all the details, references and over 100 turmeric recipes, [here's the blog post](#).



| <i>Turmeric</i> | <i>Curcumin</i> |
|--|---|
| Golden-coloured spice from a rhizome, that is dried and ground to make turmeric powder | Main and most studied 'active ingredient' in turmeric and <i>makes up less than 7% of the dried weight of the spice.</i> |
| Need <i>at least 12.9 g turmeric powder</i> per day (about 1/5 of a 67.5 g bottle) to equate to ----->>> | <i>300 mg curcumin, 3 times per day</i> (common turmeric supplement dose) |
| Eating turmeric <i>may</i> help to prevent some diseases, there has been <i>some</i> efficacy shown. | Curcumin supplements have been shown in many scientific studies to have <i>anti-inflammatory, anti-oxidant, anti-cancer and pain-relieving effects.</i> It is also being studied to protect your brain and heart, as well as to prevent and reduce the side effects of diabetes. |
| Turmeric <i>may</i> play a role in disease prevention and food deliciousness. | Curcumin supplements have been studied for dozens of other health uses. |
| If you're game to try a bit of disease prevention and <i>aren't specifically looking for anti-oxidant, anti- inflammation or pain relief</i> right now, then maybe you should add a bit of it to your meals? You can buy it here: Affiliate link , Non-affiliate link | Curcumin supplements have been approved (by Health Canada) for use as an <i>anti-oxidant</i> , as well as to <i>help relieve joint inflammation.</i> |

Eating turmeric itself will NOT be as potent as taking the approved dose of 300 mg supplement of curcumin 3 times a day.

There are a few ***cautions to consider before taking curcumin as a supplement.*** They are if you:

- Are pregnant,
- Are taking anti-platelet medications or blood thinners;
- Have gallstones or a bile duct obstruction; or
- Have stomach ulcers or excess stomach acid.





Leesa Klich, MSc, R.H.N. is a health writer and science-based holistic nutritionist. Leesa earned her Master of Science degree in Biomedical Toxicology and Nutrition, and after a short time in food R&D, she had a 12-year career in drug/supplement safety. While Leesa thoroughly enjoyed her time in pharmacovigilance (fancy word for drug safety), several things in her life started pointing toward some of the benefits of a more holistic approach to health. After moving across Canada and graduating as a Registered Holistic Nutritionist, Leesa is blending her extensive experience in health science with her education in holistic nutrition. Leesa likes to say that she lives “at the intersection of science and holistic health, and it’s very interesting here.”

If you'd like Leesa to write for your health and wellness business, you can [reach her here](#).

If you found this turmeric information helpful, and maybe know someone else who could use it, then by all means, ***feel free to share by clicking the buttons below.***

Thanks!

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