

Mayo Clinic Minute

Are there health benefits to taking turmeric?

Video	Audio
	You may have it in your spice rack or enjoy it in South Asian meals. Turmeric is derived from a plant similar to ginger and has also long been used for medicinal purposes.
Anya Guy Dietitian Mayo Clinic	“Turmeric has natural anti-inflammatory compounds called curcuminoids, and these curcuminoids have been associated with a positive effect on various diseases.”
	Mayo Clinic dietitian Anya Guy says those diseases include Type 2 diabetes, obesity, inflammatory bowel disease and cancer.
	“Although curcumin or turmeric has anti-inflammatory properties, if you are diagnosed with a condition such as cancer or diabetes, speak to your physician before taking the supplement.”
	Turmeric can be ingested in powder form or in mixes such as curry or chutney.
	“I recommend choosing more of the powder or natural forms and also try to eat it with a meal to increase its absorption.”
	So how much is safe to take each day?
	“Turmeric is considered to be safe at doses up to 8 grams per day.”
	For the Mayo Clinic News Network, I’m Jason Howland.