

Turmeric with black pepper: why and what to watch for

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Turmeric products often add piperine from black pepper, which NCCIH says is one way to improve how much curcumin the body can use. NCCIH also warns that highly bioavailable curcumin may harm the liver.

What the label may show

Look for curcumin or curcuminoids with a percentage, and for piperine or a black pepper extract. For example, Turmeric Gold lists turmeric extract with 95% curcuminoids and BioPerine, a black pepper extract.

1 **Find the curcumin**
Check the extract and the percentage listed

2 **Look for piperine**
Black pepper extract may be listed by name

3 **Check your health**
Ask first if you have liver concerns

4 **Check medication**
Ask your doctor or pharmacist

A label check, not a recommendation to use turmeric.

The liver warning

NCCIH says highly bioavailable formulations of curcumin may harm your liver. Talk to your doctor before use, especially if you have a liver condition or take medication. Stop and get

medical advice if you notice signs of a liver problem.

What is not settled

NCCIH says we do not know enough to conclude whether turmeric or curcumin is beneficial for any health purpose.

From verdavita, the publisher of this guide



Turmeric Gold

Turmeric with 95% curcuminoids, ginger, boswellia and BioPerine for active days. See the full label, one-time purchase, 90-day money-back guarantee.

verdavita.com/p-turmeric-gold

Sources

- NCCIH: Turmeric, usefulness and safety
  https://www.nccih.nih.gov/health/turmeric

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