

Turmeric

Often sold as turmeric extract or curcumin | Herbs And Plant Extracts

What Is It?

Turmeric is the yellow spice used in many foods. Curcumin is one of its main ingredients. Supplements often contain much higher amounts than food. A capsule of concentrated extract is not the same as a sprinkle of spice. [1]

Why People Take It - And How Strong the Research Is

Knee arthritis pain | PROMISING BUT UNCERTAIN. Studies suggest possible improvements in pain and stiffness, but better research is needed. It has not been shown to rebuild worn joints. [1]

Fatty liver or cholesterol problems | NOT ENOUGH RELIABLE EVIDENCE. Early findings do not establish it as a treatment. Do not replace prescribed care. [1]

Does Added Black Pepper Make It Better?

Some products add piperine, an ingredient from black pepper, to increase absorption. Better absorption does not automatically mean better results or greater safety. Formulas differ, so results from one product may not apply to another. [1]

Side Effects And Important Safety Concerns

Possible effects include nausea, heartburn, stomach upset, diarrhea or constipation. Rare but serious liver injury has been reported, including with products designed for increased absorption. Stop the supplement and seek medical advice for dark urine, yellow skin or eyes, unusual tiredness or poor appetite. [1,2]

Ask a pharmacist to check your medicines, especially blood thinners. Discuss use first if you have gallstones, a blocked bile duct or liver disease. Avoid turmeric supplements during pregnancy unless your clinician advises otherwise; breastfeeding safety is uncertain. Normal food use differs from supplement use. [1,3]

Questions To Ask Your Doctor Or Pharmacist

Could this help my specific joint problem? Is my product safe with my medicines? Does it contain piperine? How long should I try it, and what improvement should I track?

Evidence labels describe research, not a guarantee of personal benefit or safety.

Where To Find Additional Information

1. [NIH / NCCIH - Turmeric](#)
2. [NIH LiverTox - Turmeric and liver injury](#)
3. [Memorial Sloan Kettering - Turmeric](#)

Sources checked October 17, 2026. This guide is for learning, not for diagnosing or treating an illness. Talk with your healthcare provider before changing prescribed treatment.