

TURMERIC SUPREME EXTRA STRENGTH compared to turmeric products standardized to 95% curcumins
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Most of the research on Turmeric root has been done on the curcumins, which are naturally occurring compounds found in Turmeric root and many of the Turmeric products in the market place are standardized to 95% curcumins. Gaia's Turmeric Supreme Ext Strength contains 7.4% curcumins (36mg curcumins per ONE capsule) from a whole root extraction process, which is considerably lower than products extracted to contain 95% curcumin.

There are many compounds found in Turmeric root... the major groups are Curcumins (water / alcohol soluble) and the fat soluble compounds (eg turmerones from supercritical extraction) which require different extraction methods. Alcohol and water are the solvents we use in order to ensure that a broad range of compounds, including curcumins are in the extract. Supercritical extraction ensures that the fat soluble compounds, are in the extract (there are no curcumins in the supercritical extract). Gaia Herbs uses both extraction methods for Turmeric Supreme and they are listed separately inside the supplement facts box. As noted the curcumin levels are lower in our product because we extract a broad range of the naturally occurring compounds found in whole turmeric root. We also include black pepper in Turmeric Supreme Extra Strength to enhance absorption of the curcumins. Note that in traditional turmeric rich diets (as is the case in India) the whole herb is consumed.

Products standardized to 95% curcumins contain curcumins and no significant other compounds. Curcumins are a well-studied group of compounds and are appropriate to take. However, if you want a full spectrum product then Turmeric Supreme will provide a range of all the compounds naturally found in turmeric root.

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