Susan Kundrat, MS, RDN, CSSD, LDN shares evidenced-based information on how three Indian spices can positively impact health.

### TURMERIC
- **Benefits:** Curcumin found in turmeric (curcuminoids) is an antioxidant and anti-inflammatory agent that can aid in the management of arthritis, depression, GI concerns, dyslipidemia and many others.
- **Origin:** Turmeric is native to and cultivated in India (produces 90% of all turmeric powder) but also China, Thailand, Cambodia, Malaysia, Indonesia and the Philippines.
- **Recent Evidenced-based Results:** Preliminary research suggests curcumin may aid in the management of ulcerative colitis, arthritis and depression.
- **Practical Recommendations:** 500 mg – 2,000 mg curcuminoids
  - Equates to approximately 1-4 tbsp of turmeric powder
  - Best absorbed with black pepper and fat at a meal.

### GINGER
- **Benefits:** Ginger is an antioxidant and anti-inflammatory agent that is thought to aid in several medical conditions such as dysmenorrhea, vertigo and nausea.
- **Origin:** Ginger is native to tropical Asia.
- **Recent Evidenced-based Results:**
  - Research shows ginger effective in reducing pain and disability in those with osteoarthritis.
  - Mild side effects include upset stomach and affected taste.
- **Consumption Recommendations:** 500 - 1,000 mg ginger extract or 3 g powdered ginger.

### FENUGREEK
- **Benefits:** Fenugreek is an antioxidant and anti-inflammatory agent used for diabetes, loss of appetite, indigestion, gastroesophageal reflux disease (GERD), gastritis, constipation, PCOS and hyperlipidemia.
- **Origin:** Fenugreek is mainly cultivated in India, Mediterranean countries and North Africa.
- **Recent Evidenced-based Results:**
  - Research shows that approximately 6.3 g of fenugreek can help manage blood sugar in those with type 2 diabetes or prediabetes.
  - Fenugreek supplementation can potentially cause diarrhea, indigestion and nausea.
- **Consumption Recommendations:** 5-30 g capsules three times a day with meals.

### KEY TAKEAWAYS
- Indian spices, such as turmeric, ginger, fenugreek and cinnamon, serve as antioxidants and have potential to aid in the management of many health conditions.
- These spices have the potential to react with other medications, so it is advised to consult with a doctor about medication interactions.
- More research is needed regarding the use of Indian spices to improve athletic performance.

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REFERENCES

2. Natural Medicines. naturalmedicines.therapeuticresearch.com/