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.

The views expressed within this document are those of the authors and do not necessarily reflect the position or policy of PepsiCo, Inc.
REFERENCES

2. Natural Medicines. naturalmedicines.therapeuticresearch.com/

ADDITIONAL REFERENCES

- Consumer Labs. www.consumerlab.com/

Not all spices or supplements are safe for everyone to consume – especially among pregnant or nursing women and those with chronic illnesses. Before taking or recommending any supplement, speak with your physician, registered dietitian and/or healthcare provider to determine its safety and efficacy.

You can find more information on supplements at the NIH Center for Complementary and Integrative Health or the Natural Medicines Database.