Tumeric barks and powder.

Curcumin is the yellow component of the spice turmeric. Studies show curcumin: 1) exhibits varied immunomodulatory actions;[1] 2) has potent regulating effects on inflammatory processes;[2] 3) is a strong antioxidant that enhances cellular resistance to oxidative damage;[3] 4) promotes increased glutathione levels,[4] which improves the body's natural antioxidant shield and increases the efficiency of multiple detoxification processes; 5) has liver-protective benefits;[5] 6) specifically protects the gastrointestinal tract.[6,7] and 7) supports emotional health, with benefit being enhanced by taking curcumin and piperine (also contained in TF A.I.M. as Bioperine™) at the same time.[8]

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