

# FermentActive Turmeric

Code FE2281 – 150 grammes



Fermenting turmeric makes it easier to digest and assimilate. Add it to your juices, smoothies, drinks, herbal teas or when cooking stir-fries and stews. Our turmeric is naturally fermented to improve its flavour profile.

**HEALTH CLAIMS (EU Regulation 432/2012):** Turmeric is a plant that favours normal liver function and helps to protect cells from oxidative damage. Curcuminoids such as the curcumin which is present in the plant are associated with digestive comfort and also participate in the normal inflammatory response.

**Ingredients:** Fermented turmeric root (*Curcuma longa*).

Nutritional information:		Per serving 3 g	Per 100 g
Energy	(kJ/kcal)	46/11	1 548/370
<b>Fats</b>		0,1 g	3,5 g
Saturates		0 g	0,5 g
<b>Carbohydrate</b>		1,8 g	59,0 g
Sugars		0 g	1,0 g
<b>Fibre</b>		0,5 g	18,0 g
<b>Protein</b>		0,2 g	7,0 g
<b>Salt</b>		0 g	0,15 g

#### Format:

150 g

#### Recommended daily dose:

1 teaspoon (3 g) per day.

Do not exceed the stated recommended daily dose.

#### Indications and uses:

- Intestinal disorders: poor appetite, slow digestion, gastrointestinal spasms, to combat intestinal colic, diarrhoea and flatulence. It is also effective in intestinal parasitosis.
- It is also used as an immune system stimulant and it can relieve the symptoms of allergies and asthma, as well as those of rheumatoid arthritis.
- Trials have shown its anti-diabetic effects, lowering blood pressure cholesterol in cases of metabolic syndrome.

Fermented Turmeric boasts great antioxidant properties. Known as the botanical source of commercial curcumin, antioxidant-rich turmeric is considered as one of the world's top superfoods due to both its benefits and culinary versatility.

Fermenting it makes it easier to digest and assimilate and it also improves its flavour profile. Turmeric(*Curcuma longa*), along with ginger are among the key therapeutic nutrients in both traditional Ayurvedic and Chinese medicine.

Add it to your juices, smoothies, drinks, herbal teas or when cooking stir-fries and stews. Our turmeric is naturally fermented to enhance its flavour profile.

The main benefits that are offered by fermented foods are indicated below:

- Water-soluble forms are produced, which result in improved digestion and, like wise the acidification process results in improved mineral absorption.
- A rebalanced nutritional profile due to the reduction of sugar content and the increase in proteins and polyunsaturated fatty acids.
- Bioactive forms are created that do not require metabolism.
- A probiotic effect is produced, which improves intestinal flora and digestibility, supplies vitamins and supports the immune system.
- Pathogenic organisms are eliminated through bacteriocins or the lactic acid that is generated in the process, and anti-nutritional or potentially harmful substances are inhibited.
- Fermented foods are not only preserved for long periods of time, but they also acquire unique and enhanced organoleptic and nutritional properties.

## FERMENTED TURMERIC:

### **Benefits of fermentation:**

Increases the content of bioactive and water-soluble curcuminoids such as tetrahydrocoumarin, increasing their bioavailability and antioxidant activity<sup>(1)</sup>. Curcumin in its natural form requires a long metabolic process in order for it to be converted into its bioavailable form<sup>(2)</sup>.

### **Traditional use:**

Turmeric has been used for centuries in traditional medicine as a remedy for multiple medical conditions<sup>(3)</sup>.

**Health applications:** It improves liver function<sup>(4)</sup>, has anti-inflammatory and anti-allergic properties<sup>(5)</sup>, as well as antimicrobial activity<sup>(6)</sup>.

### **References:**

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- 2) Metzler, Manfred, et al. "Curcumin uptake and metabolism." *Biofactors* 39.1 (2013): 14-20.
- 3) Rezvanirad, Azam, et al. "Curcuma longa: A review of therapeutic effects in traditional and modern medical references." *Journal of Chemical and Pharmaceutical Sciences* 9.4 (2016): 3438-3448.
- 4) Kim, Sang-Wook, et al. "The effectiveness of fermented turmeric powder in subjects with elevated alanine transaminase levels: a randomised controlled study." *BMC complementary and alternative medicine* 13.1 (2013): 58.
- 5) Kim, Seong-Beom, et al. "Antiinflammatory and antiallergic activity of fermented turmeric by Lactobacillus johnsonii IDCC 9203." *Microbiology and Biotechnology Letters* 39.3 (2011): 266-273.
- 6) Jeong, H. Kang, et al. "Antioxidant and Antimicrobial Effects of Fermented Tumeric (Curcuma longa L.)." *Planta Medica International Open* 4.S 01 (2017): Tu-PO.