



# Turmeric

**Botanical Name:** *Curcuma longa*

Turmeric root delivered from the fields of Northern Nigeria. Historically, many cultures used this colorful and distinct spice for a variety of medicinal purposes. It was used for such ailments as stomach aches, infections, and the common cold due to its natural anti-inflammatory properties. Today, turmeric in its cut and sifted form integrates into almost any savory meal, including tea taking the flavor and aroma to the next level. Asami sources Turmeric directly from small-scale farm co-ops in Africa.

Turmeric doesn't just taste like a dream but it has dream-like effects on your body. It can boost the speed at which the body heals, enhance cognitive function, ease joint pain, and that's just the beginning.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.  
This information has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Madagascar.



**Now that you know more about  
Turmeric, you should check  
out our blends with Turmeric.  
Colorful Arusha**

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