



SCAN FOR  
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### INFO-DOC: Does Turmeric need black pepper to be effective?

**While you can use turmeric without black pepper, it's highly recommended to combine them to dramatically increase the absorption of curcumin**, the active compound in turmeric.

Black pepper contains piperine, which can boost curcumin's bioavailability by up to 2,000%. Without it, your body may not effectively absorb and use the beneficial compounds in turmeric.

### How black pepper helps

- **Increases bioavailability:** Piperine from black pepper helps your body absorb and use curcumin, with studies showing an increase of up to 2,000%.
- **Blocks metabolic pathways:** Piperine works by blocking the metabolic processes that break down curcumin in your body, allowing more to get into your bloodstream.

### Ways to combine them

- **In recipes:** Add both spices to curries, sauces, marinades, soups, or scrambled eggs.
- **In drinks:** Include them in smoothies or turmeric tea.
- **In dressings:** Combine them in salad dressings or spreads.

### Important considerations

- **Whole food vs. supplements:** For most people, consuming both spices in food is a safe and effective way to get benefits.
- **Supplements:** Many turmeric supplements include black pepper or piperine for this reason.
- **Consult a doctor:** Be cautious with high doses of supplements, especially if you take medications or have underlying health conditions.

### PURCHASE OPTIONS



**Turmeric Moringa - Organic Turmeric Curcumin Supplements and Organic Moringa Powder - 120 Veggie Capsules Supplement for Women and Men**

<https://amzn.to/4i9pRIH>

