



Organic traditions®

PREMIUM
SUPERFOODS
CONSCIOUS
SOURCING

Add to Water, Coconut
Water & Smoothies
Use in Dressings,
Soups, Stir-Frys &
All Other Recipes

TURMERIC POWDER

A TRADITIONAL AYURVEDIC ANTI-INFLAMMATORY SUPERHERB*
NATURE'S MOST IMPORTANT ANTIOXIDANT RICH SPICE*
SUSTAINABLY GROWN AND HARVESTED



DIETARY SUPPLEMENT
NET WT. 7 oz (200 g)



See organictraditions.com for more great superfoods

Resealable

SUPERHERBS

Organic traditions®

TURMERIC

A TRADITIONAL AYURVEDIC ANTI-INFLAMMATORY SUPERHERB*
NATURE'S MOST IMPORTANT ANTIOXIDANT RICH SPICE*
SUSTAINABLY GROWN AND HARVESTED

Supplement Facts

Serving Size 5 g (1 teaspoon)
Servings Per Container 40

	Amount Per Serving	% Daily Value
Organic Turmeric (<i>Curcuma longa</i>) Powder	5g	^

^ Daily Value (DV) not established



Produced in a facility that processes tree nuts.
May contain tree nuts.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

TURMERIC POWDER

Turmeric is a rhizome that is part of the ginger family. Its Chinese name literally means "yellow ginger." As Nature's most important spice, it has been used for centuries as a food preservative, a coloring agent, a culinary flavor and as an important antioxidant rich, anti-inflammatory herbal remedy in Traditional Ayurvedic Medicine.* It has also been used as a natural dye and as a popular cosmetic in India and Asia for healthy, glowing skin.

Take 1 teaspoon of Turmeric Powder once daily. Add Turmeric powder to water, coconut water, juice, smoothies, yogurt and all savory dishes. Use turmeric in all culinary preparations. Add Turmeric Powder to recipes such as salad dressings, curries, stir-frys, seafood dishes (Turmeric Glazed Wild Salmon), soups, smoothies and more. For a more concentrated form of Turmeric use Organic Traditions Turmeric Smoothie Booster™ powder which is a dual extract of supercritical CO2 and hydroethanolic extract in an easy to use, semi-soluble powder.

— *Curcuma longa* —

Organic Nutrition From Around The World

At Organic Traditions we provide nutrient dense superfoods from many healing traditions. We are committed to supporting farmers who are dedicated to the principles of sustainable and fair trade agriculture. Now more than ever we need to nourish ourselves with superfoods, herbs, seeds and fruits packed with the nutrition needed to support the challenges that come with living in a fast paced world. Be adventurous. These superfoods are versatile. Incorporate them into recipes in any creative way you see fit. At every meal you have the opportunity to choose dense nutrition. Food is powerful. Make choices for a better you and a better planet.



Imported and Distributed by: Health Matters America Inc.

2501 Broadway St., Unit 2, Cheektowaga, NY 14227 • 1-888-343-3278 • www.organictraditions.com
Certified Organic by: Ecocert ICO