Curcumin is the yellow component of the spice turmeric. Studies show curcumin:
1) exhibits varied immunomodulatory actions;  
2) has potent regulating effects on inflammatory processes;  
3) is a strong antioxidant that enhances cellular resistance to oxidative damage; 
4) promotes increased glutathione levels, which improves the body’s natural antioxidant shield and increases the efficiency of multiple detoxification processes; 
5) has liver-protective benefits; 
6) specifically protects the gastrointestinal tract; 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.


Tumeric barks and powder.