

TURMERIC

SPECIFICATION

Product Name	Turmeric
Origin	Indian sub-continent and Southeast Asia
Family	Zingiberaceae
Binomial name	Curcuma longa



FEATURES & CHARACTERISTICS

Color

Orange-yellow

Binomial name

Bitter taste with mildly aromatic
orange/ginger smell



INGREDIENTS

Nutrients

29 Calories, 2.1 gm fiber,
6.31 gm carbohydrates

Minerals

Iron, Potassium, Manganese

Vitamins

Vitamin C

Protein

0.91 gm

Fats

0.31 gm



USES & BENEFITS

- **Culinary** - Turmeric in the powdered form is used as a spice in a number of various dishes across the planet.
- **Dye** - The golden yellow colour of turmeric is used as a dye.
- **Indicator** - It is used as a chemical indicator to test for acidity and alkalinity.
- **Medicinal** - As a plant with medicinal values, Curcuma has plenty of use in home remedies and ayurvedic treatment.

TURMERIC USES & BENEFITS

- **Anti-inflammatory medicine**
- **Pain reliever**
- **Antioxidant**
- **Cancer treatment**
- **Digestion**

