

Good as Gold

Turmeric, once known as an exotic spice used in Ayurvedic medicine and Indian cooking, is now the superfood du jour. Here are 6 turmeric-infused products to quash inflammation.

BY LAURA SCHOBER



1. 4-IN-1 HOLISTIC SUPPORT

Redd Remedies Curcumin T4 contains a patented turmeric extract (Curcumin C3 Complex), the adaptogenic stress-relieving herb ashwagandha and Chinese herbs such as corydalis to help support the health of your joints, muscles and brain. **\$35 per 60 capsules**, reddremedies.com

2. GRASS-FED GHEE

Made with ghee sourced from the milk of pastured cows, Pure Indian Foods Turmeric Superghee contains black pepper for bioavailability, ginger root powder and 800 milligrams of organic turmeric powder per serving. **\$21**, superghee.com

3. CLEANSING VINEGAR

Lightly sweet and sour with a kick of heat, Blueprint Turmeric Tonic is an organic, raw drinking vinegar combining apple and lemon juices, raw apple cider vinegar, turmeric, cinnamon and cayenne. **\$5**, blueprint.com for where to buy

4. FUNCTIONAL TEA

Citrusy, earthy and caffeine-free Numi Organic Tea Turmeric Golden Tonic engages all your senses with its zesty blend of lemon verbena, organic dried lime and Fair Trade Certified organic turmeric. **\$8**, numitea.com

5. REFRESHING ELIXIR

Temple Turmeric Pure Mega Elixir is a lively blend of inflammation-fighting ingredients such as 13,000 milligrams of Hawaiian Oana Turmeric and black pepper as well as mango purée, pineapple, ginger and honey. **\$5**, templeturmeric.com for where to buy

6. HEAT & EAT

Spiced with organic turmeric extract and sea salt, Healthee Organic Turmeric Brown Rice heats up in the microwave in 90 seconds, but you can also warm it on the stove in a pan on medium. Garnish with herbs and veggies for added flavor. **\$3**, healtheeice.com