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turmeric has been studied over the past few decades to understand its potential health benefits one 2020 study found curcuma to be associated with anti inflammatory anticancer antidiabetic antidiarrheal antimicrobial antiviral and antioxidant properties

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curcumin is the yellow pigment in the spice turmeric that may provide a range of health benefits curcumin is noted for its safety affordability long term use and ability to target multiple cell signaling pathways turmeric curcumin may help reduce inflammation along with cloves ginger and rosemary

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turmeric and its primary compound curcumin offer several health benefits turmeric and curcumin have anti inflammatory and antioxidant properties clinical trials suggest curcumin in particular has reduced joint pain boosted cognitive function and mood supported heart health and more

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