

Test Results by Product:



Results of ConsumerLab.com Testing of Turmeric Spice

(Click arrows or swipe left or right to see all columns)



Approval Status ⓘ Product Name	Type of Turmeric	Heavy Metals ⓘ	Notable Features
<p>APPROVED</p> <p>Frontier® Co-Op Organic Turmeric Root</p>  <p>Dist. by Frontier Co-Op</p> <p>\$ Price Check</p>	<p>Ground, organic</p>	<p>Heavy Metals: Pass</p> <p>Lead: 0.2 mcg/g</p> <p>Arsenic: 0.07 mcg/g</p> <p>Cadmium: 0.03 mcg/g</p> <p>Mercury: 0.002 mcg/g</p>	<p>Non GMO Project Verified seal. USDA Organic seal. Kosher. Non-ETO. Non-Irradiated.</p>

Test Results by Product:



Approval Status ⓘ Product Name	Type of Turmeric	Heavy Metals ⓘ	Notable Features
<p>APPROVED</p> <p>Spice Islands® Turmeric ⓘ</p>  <p>Dist. by Spice Islands Trading Co. A Division of B&G Foods, Inc.</p>	<p><i>Ground</i></p>	<p>Heavy Metals: Pass</p> <p>Lead: 0.1 mcg/g</p> <p>Arsenic: 0.05 mcg/g</p> <p>Cadmium: 0.03 mcg/g</p> <p>Mercury: 0.002 mcg/g</p>	<p><i>Kosher.</i></p>



Test Results by Product:



Approval Status ⓘ Product Name	Claimed Amount of Turmeric Curcuminoids ⓘ	Heavy Metals ⓘ Suggested Serving on Label Description ⓘ	Cost Per Suggested Serving [Cost Per 500 mg Curcuminoids Found]
<div data-bbox="57 450 500 580" style="background-color: #f4a460; padding: 5px; text-align: center; font-weight: bold; color: white;"> UNABLE TO APPROVE </div> <p data-bbox="96 607 461 741"> New Chapter® Zyflamend™ - Herbal Pain Relief ⓘ </p> <div data-bbox="172 803 381 1204" style="border: 1px solid black; padding: 5px;">  </div> <p data-bbox="87 1233 466 1319"> Dist. by New Chapter, Inc. </p>	<p data-bbox="599 446 1017 540"> 2 vegetarian capsules 110 mg turmeric extract </p> <p data-bbox="576 607 1040 975"> Unlisted curcuminoids ⓘ [Found only 14.6 mg curcuminoids (a very small dose and lower than what one might expect from a turmeric extract) and 12.9 mg curcumin] </p>	<p data-bbox="1148 446 1611 868"> Heavy Metals: Pass Lead: 0.07 mcg (0.04 mcg/g) Arsenic: 0.13 mcg (0.08 mcg/g) Cadmium: NQ Mercury: 0.003 mcg (0.002 mcg/g) </p> <p data-bbox="1166 921 1611 1177"> Two Capsules Daily With Food. Do Not Exceed Suggested Use. Not Recommended For Use In Children. </p> <p data-bbox="1170 1247 1607 1292"> Large vegetarian capsule </p>	<p data-bbox="1809 446 2139 540"> \$0.64/2 vegetarian capsules </p> <p data-bbox="1896 607 2048 653"> [\$22.09] </p> <p data-bbox="1772 715 2172 809"> \$58.04/180 vegetarian capsule </p>



Test Results by Product:



Approval Status ⓘ Product Name	Claimed Amount of Turmeric Curcuminoids ⓘ	Heavy Metals ⓘ Suggested Serving on Label Description ⓘ	Cost Per Suggested Serving [Cost Per 500 mg Curcuminoids Found]
<div data-bbox="57 437 500 517" style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold;">APPROVED</div> <p data-bbox="103 542 447 579">NOW® CurcuBrain™</p> <div data-bbox="179 638 371 1041" style="text-align: center;">  </div> <p data-bbox="103 1065 447 1102">Mfd. by NOW Foods</p> <div data-bbox="160 1139 390 1188" style="background-color: #e0f0ff; padding: 5px; text-align: center; font-weight: bold; color: #0070c0;">\$ Price Check</div>	<p data-bbox="585 431 1021 634">1 veg capsule 400 mg turmeric extract (Longvida® optimized curcumin)</p> <p data-bbox="585 696 1021 899">80 mg curcuminoids (20% of extract) (C) [Found 82.6 mg ✓ (20.7% of extract)]</p> <p data-bbox="585 967 1021 1004">Found 68.4 mg curcumin</p>	<p data-bbox="1205 431 1549 468">Heavy Metals: Pass</p> <p data-bbox="1136 486 1412 579">Lead: 0.02 mcg (0.03 mcg/g)</p> <p data-bbox="1136 591 1354 628">Arsenic: NQ</p> <p data-bbox="1136 646 1389 683">Cadmium: NQ</p> <p data-bbox="1136 702 1480 794">Mercury: 0.001 mcg (0.002 mcg/g)</p> <p data-bbox="1205 850 1549 887">Take 1 capsule daily.</p> <p data-bbox="1228 954 1526 991">Large veg capsule</p>	<p data-bbox="1802 431 2123 468">\$0.39/veg capsule</p> <p data-bbox="1894 535 2031 572">[\$2.33]</p> <p data-bbox="1756 646 2169 683">\$19.28/50 veg capsules</p>

Test Results by Product:



Approval Status ⓘ Product Name	Claimed Amount of Turmeric Curcuminoids ⓘ	Heavy Metals ⓘ Suggested Serving on Label Description ⓘ	Cost Per Suggested Serving [Cost Per 500 mg Curcuminoids Found]
<div data-bbox="57 438 498 519" style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold;">APPROVED</div> <p data-bbox="57 548 498 630">Root2® Turmeric Extract Curcumin C3 Complex®</p> <div data-bbox="172 693 390 1089" style="text-align: center;">  </div> <p data-bbox="80 1121 470 1209">Dist. by Vitacost.com, Inc.</p>	<p data-bbox="585 434 1044 529">2 capsules 1,160 mg turmeric extract</p> <p data-bbox="585 592 1044 800">1,102 mg curcuminoids (95% of extract) (C) [Found 985.9 mg ✓ (85% of extract)]</p> <p data-bbox="585 863 1044 907">Found 840 mg curcumin</p>	<p data-bbox="1205 434 1561 472">Heavy Metals: Pass</p> <p data-bbox="1148 485 1412 585">Lead: 0.05 mcg (0.03 mcg/g)</p> <p data-bbox="1148 598 1457 699">Arsenic: 0.03 mcg (0.02 mcg/g)</p> <p data-bbox="1148 711 1389 749">Cadmium: NQ</p> <p data-bbox="1148 762 1492 863">Mercury: 0.001 mcg (0.001 mcg/g)</p> <p data-bbox="1159 913 1607 1115">Take 2 Capsules Per Day With Food Or As Directed By A Healthcare Profes- sional.</p> <p data-bbox="1251 1178 1515 1222">Large capsule</p>	<p data-bbox="1802 434 2123 472">\$0.50/2 capsules</p> <p data-bbox="1894 535 2031 585">[\$0.25]</p> <p data-bbox="1779 648 2146 693">\$29.99/120 capsules</p>



Test Results by Product:



Approval Status ⓘ Product Name	Type of Turmeric	Heavy Metals ⓘ	Notable Features
<p>APPROVED</p> <p>Top Pick for organic ground turmeric</p> <p>Simply Organic® Turmeric</p>  <p>Dist. by Frontier Co-Op</p> <p>\$ Price Check</p>	<p><i>Ground, organic</i></p>	<p>Heavy Metals: Pass</p> <p>Lead: 0.21 mcg/g</p> <p>Arsenic: 0.07 mcg/g</p> <p>Cadmium: 0.03 mcg/g</p> <p>Mercury: 0.002 mcg/g</p>	<p><i>USDA Organic seal.</i></p>



Test Results by Product:



Approval Status ⓘ Product Name	Claimed Amount of Turmeric Curcuminoids ⓘ	Heavy Metals ⓘ Suggested Serving on Label Description ⓘ	Cost Per Suggested Serving [Cost Per 500 mg Curcuminoids <i>Found</i>]
Powder Only:			
<div data-bbox="54 510 494 589" style="background-color: red; color: white; padding: 5px; text-align: center; font-weight: bold;">NOT APPROVED</div> <p data-bbox="77 615 471 700">Swanson® Turmeric & Black Pepper</p> <div data-bbox="176 755 367 1155">  </div> <p data-bbox="54 1181 485 1265">Dist. by Swanson Health Products</p>	<p data-bbox="653 505 938 544">1 vegan capsule</p> <p data-bbox="585 610 1006 650">600 mg turmeric powder</p> <p data-bbox="585 715 1006 865">18 mg curcuminoids (M) [Found 25.1 mg (4.2% of powder ✓)]</p> <p data-bbox="585 931 1006 971">Found 14.3 mg curcumin</p>	<p data-bbox="1211 505 1528 544">Heavy Metals: Fail</p> <p data-bbox="1134 557 1437 597">Lead: 0.94 mcg ⓘ (1.5 mcg/g)</p> <p data-bbox="1134 663 1437 702">Arsenic: 0.14 mcg (0.22 mcg/g)</p> <p data-bbox="1134 768 1483 808">Cadmium: 0.55 mcg (0.86 mcg/g)</p> <p data-bbox="1134 873 1483 913">Mercury: 0.002 mcg (0.003 mcg/g)</p> <p data-bbox="1165 1031 1583 1176">Take one vegan capsule one to two times per day with food and water.</p> <p data-bbox="1197 1242 1551 1281">Large vegan capsule</p>	<p data-bbox="1778 505 2140 544">\$0.25/vegan capsule</p> <p data-bbox="1891 610 2027 650">[\$4.97]</p> <p data-bbox="1732 715 2186 755">\$14.99/60 vegan capsules</p>



Test Results by Product:



Approval Status ⓘ Product Name	Type of Turmeric	Heavy Metals ⓘ	Notable Features
<p>APPROVED</p> <p>Top Pick for non-organic ground turmeric</p> <p>Great Value™ [Walmart] Ground Turmeric</p>  <p>Dist. by Walmart Inc.</p>	<p><i>Ground</i></p>	<p>Heavy Metals: Pass</p> <p>Lead: 0.23 mcg/g</p> <p>Arsenic: 0.07 mcg/g</p> <p>Cadmium: 0.05 mcg/g</p> <p>Mercury: 0.002 mcg/g</p>	<p><i>Kosher.</i></p>

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Approval Status ⓘ Product Name	Type of Turmeric	Heavy Metals ⓘ	Notable Features
<p>APPROVED</p> <p>Kirkland Signature [Costco] Ground Turmeric</p>  <p>Dist. by Costco Wholesale Corporation</p>	<p><i>Ground</i></p>	<p>Heavy Metals: Pass Lead: 0.1 mcg/g Arsenic: 0.1 mcg/g Cadmium: 0.09 mcg/g Mercury: 0.002 mcg/g</p>	<p><i>Kosher.</i></p> <p>This Turmeric Is A Product Of India. Packed In USA.</p>