



The Turmeric Co. Research Summary



Contents

Turmeric Supplementation Improves Markers of Recovery in Elite Male Footballers: A Pilot Study	3-4
Combined Turmeric, Vitamin C, And Vitamin D Ready-to-Drink Supplements Reduce Upper Respiratory Illness Symptoms and Gastrointestinal Discomfort in Elite Male Football Players	5-6
Daily Turmeric and Ginger Beverage Consumption Attenuates Physical Menstrual Cycle Symptoms in Sub-Elite Female Footballers: A Pilot Study	7-8
Effects of 8 Weeks of Turmeric Consumption on Physiology and Wellbeing in Healthy Older Adults	9
Contact The Turmeric Co.	10

Turmeric Supplementation Improves Markers of Recovery in Elite Male Footballers: A Pilot Study

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Rationale

- The demands of football training and match-play can result in muscle damage, inflammation, and soreness, which may impair subsequent performance.
- Football players often use non-steroidal anti-inflammatory drugs (NSAIDs) to combat soreness and inflammation, but regular use of NSAIDs may result in gastrointestinal damage, renal complications, and impaired muscle regeneration.
- Turmeric, which contains curcuminoids, has been shown to have anti-inflammatory and antioxidant properties, and therefore may be a natural alternative to NSAIDs, with fewer side-effects.

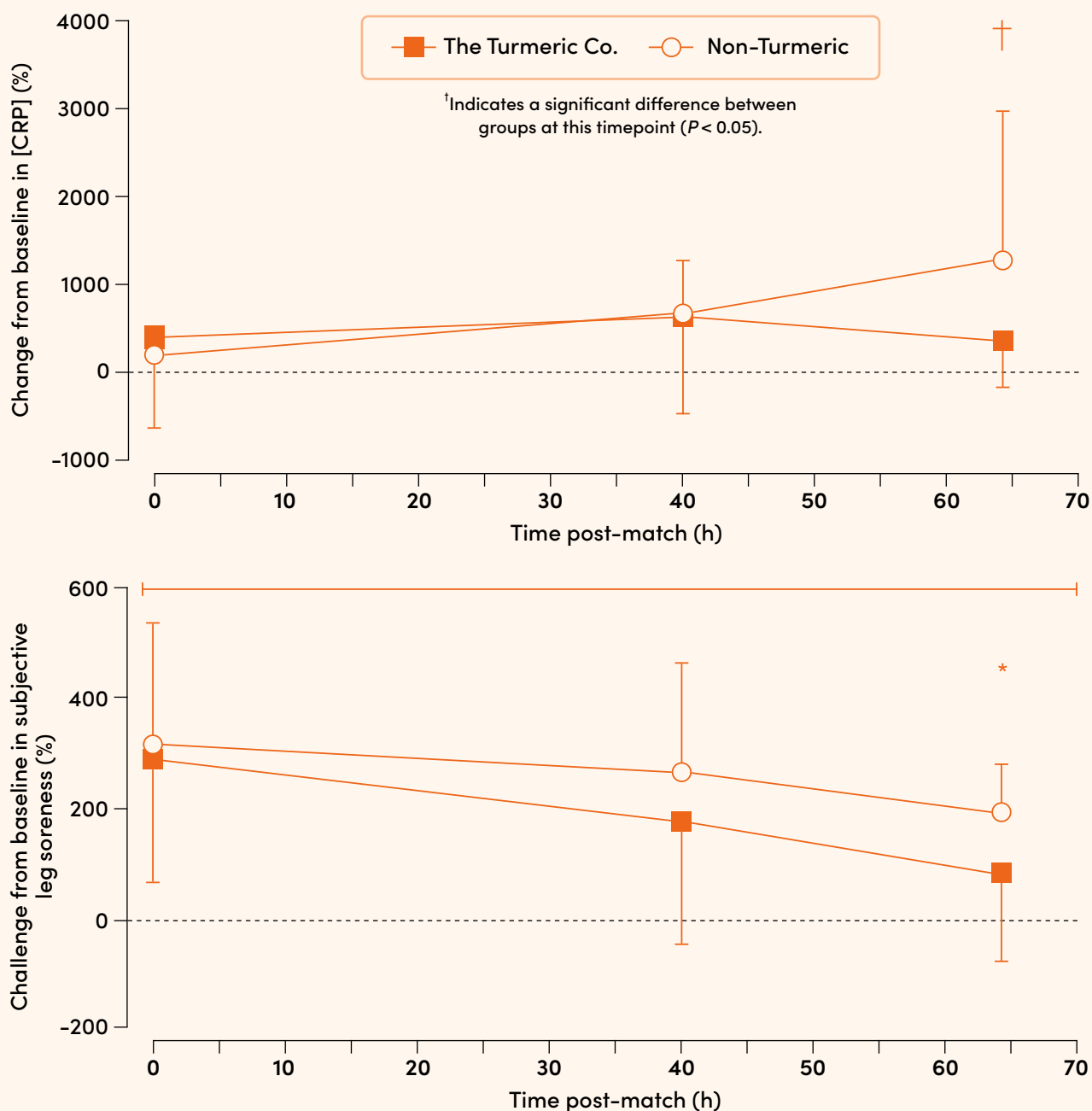
Methods

- Twenty-four male professional footballers were participants.
- Between-groups study design, where participants self-selected to either take two of the raw turmeric original shots per day (turmeric group; 16 participants) or not (control group; 8 participants).
- At baseline, participants filled out soreness questionnaires, did counter movement jump (CMJ) and isometric mid-thigh pull (IMTP) performance tests, and had blood samples collected and analysed for C-reactive protein (CRP) and creatine kinase (CK) concentrations.
- After this, from October to April, eight competitive matches were studied, with soreness measured and blood samples taken immediately, 40 hours, and 64 hours post-match, and performance measures taken 40 and 64 hours post-match.

Results

- At 64 hours post-match, CRP (a marker of inflammation) concentrations were, significantly lower in the turmeric group compared to the control group ($P = 0.017$).
- Following matches, the percentage changes in leg soreness and whole-body soreness were significantly lower overall in the turmeric group compared to the control group ($P < 0.036$).

Main Effect of The Turmeric Co. Raw Turmeric Original Shots ($P < 0.05$)



Conclusion

- Regularly consuming two of The Turmeric Co.'s raw turmeric original shots per day may reduce soreness and inflammation in male professional footballers.

Combined Turmeric, Vitamin C, and Vitamin D Ready-to-Drink Supplements Reduce Upper Respiratory Illness Symptoms and Gastrointestinal Discomfort in Elite Male Football Players

[View publication](#)

Rationale

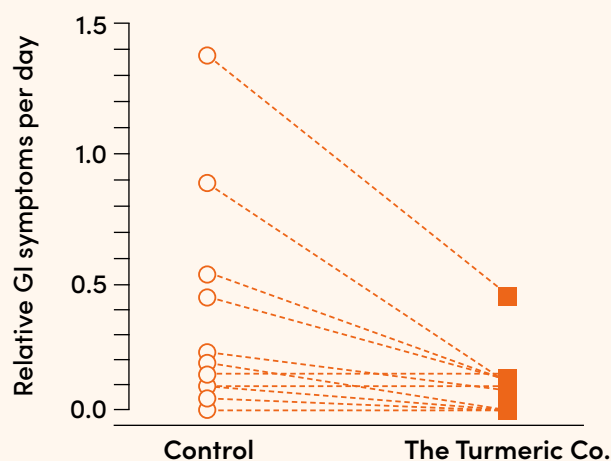
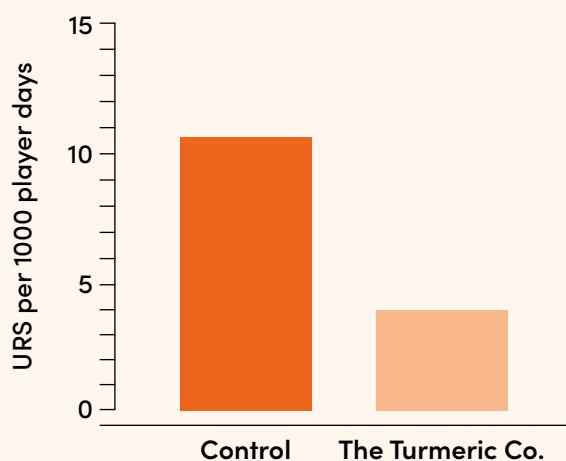
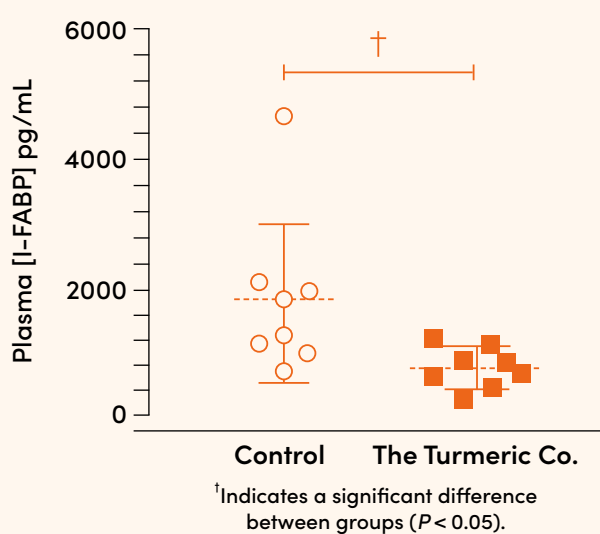
- Similar rationale to the above study, with additions. There is evidence to suggest that turmeric, vitamin C and vitamin D may reduce the incidence of upper respiratory tract infections and gut symptoms, as well as gut damage.

Methods

- Twenty-three male professional footballers were participants.
- Within-group study design, where participants undertook a 22 day control period, when they did not consume The Turmeric Co.'s immunity shot, followed by a 116 day turmeric period, consuming one of The Turmeric Co.'s immunity shots per day.
- Two matches in the control period and four matches in the turmeric period were studied, with soreness questionnaires and blood samples taken immediately, 40 hours, and 64 hours post-match.
- Every day during both periods, participants completed illness symptoms and gut symptoms questionnaires.

Results

- There was a greater incidence of upper respiratory illness symptoms (URS) during the control period, compared to the turmeric period ($P < 0.001$). Illness incidence was reported as 3.9 per 1000 player days during the turmeric period, compared to 10.6 per 1000 player days during the control period.
- Gut discomfort was significantly lower during the turmeric period, compared to the control period ($P < 0.05$).
- Average post-match intestinal fatty acid binding protein (a marker of gut damage) concentrations were lower in the turmeric period, compared to the control period ($P < 0.05$).
- No significant differences between the turmeric period and the control period for soreness or markers of inflammation.



Conclusion

- Regularly consuming one of The Turmeric Co.'s immunity shots per day may reduce illness symptoms and gut symptoms, as well as post-match gut damage, in male professional footballers.

Daily Turmeric and Ginger Beverage Consumption Attenuates Physical Menstrual Cycle Symptoms in Sub-Elite Female Footballers: A Pilot Study

[View publication](#)

Rationale

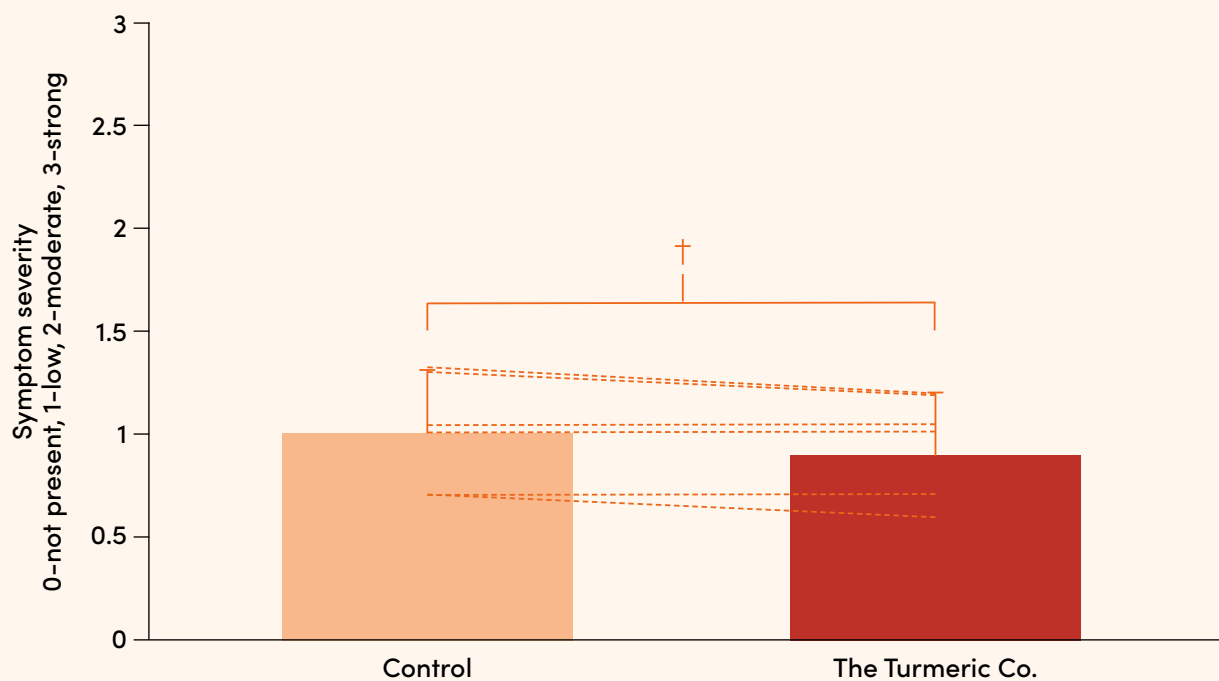
- It has been reported that up to 97% of female footballers experience negative menstrual cycle-related symptoms, which are typically worst during menstruation. The exact cause of menstrual cycle-related symptoms is not understood, but inflammation is thought to be involved.
- Previous evidence suggests that turmeric ingestion and ginger ingestion may be able to reduce the severity of menstrual cycle-related symptoms.

Methods

- Six sub-elite female footballers were participants.
- Within-group study design, where participants undertook a 99 day control period, when they did not consume The Turmeric Co.'s turmeric and ginger shot, followed by an 89 day turmeric period, consuming one of The Turmeric Co.'s turmeric and ginger shots per day.
- Five matches in both the control and turmeric periods were studied, with soreness questionnaires and blood samples taken immediately post-match.
- In both periods, participants completed menstrual cycle-related symptoms questionnaires every day during menstruation of each menstrual cycle.

Results

- Overall, the severity of physical menstrual cycle-related symptoms during menstruation was 10% lower in the turmeric period, compared to the control period ($P = 0.013$).
- Overall, the severity of psychological menstrual cycle-related symptoms during menstruation was not different between the turmeric and control periods ($P = 0.209$).
- No significant differences between the turmeric period and the control period for soreness or markers of inflammation.



†Indicates a significant difference between groups at this timepoint ($P < 0.05$).

Conclusions

- Regularly consuming one of The Turmeric Co.'s turmeric and ginger shots per day may reduce physical menstrual cycle-related symptoms during menstruation in female footballers.
- Future studies should aim to investigate this with a randomised placebo-controlled design, although this is challenging to implement in an applied sporting environment.

Effects of 8 Weeks of Turmeric Consumption on Physiology and Wellbeing in Healthy Older Adults

[View clinical trial registration](#)

We are currently conducting a randomised controlled trial (RCT) in middle-aged and older adults, investigating the effects of consuming two of TTC's raw turmeric original shots per day for 8 weeks on pain, physical function, wellbeing, and a panel of health and inflammatory blood biomarkers.



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