

Statement on the potential risk to human health of turmeric and curcumin supplements

# References

## In this guide

### [In this guide](#)

1. [Turmeric and Curcumin Supplements - Introduction](#)
2. [Turmeric and Curcumin Supplements - Toxicokinetics](#)
3. [Turmeric and Curcumin Supplements - Toxicity](#)
4. [Turmeric and Curcumin Supplements - Exposure assessment](#)
5. [Turmeric and Curcumin Supplements - Risk Characterisation](#)
6. [Turmeric and Curcumin Supplements - Summary and conclusions](#)
7. [Turmeric and Curcumin Supplements - List of Abbreviations and Technical Terms](#)
8. [Turmeric and Curcumin Supplements - References](#)
9. [Turmeric and Curcumin Supplements - Annex A](#)
10. [Turmeric and Curcumin Supplements - Annex B](#)

Alok, A., Singh, I.D., Singh, S., Kishore, M., Jha, P.C., 2015. Curcumin – Pharmacological Actions And its Role in Oral Submucous Fibrosis: A Review. J Clin Diagn Res 9, ZE01-ZE03. <https://doi.org/10.7860/JCDR/2015/13857.6552>

Amalraj, A., Varma, K., Jacob, J., Kuttappan, S., 2021. Efficacy and safety of a gut health product (Actbiome) prepared by incorporation of asafoetida-curcumin complex onto the turmeric dietary fiber in the management of gut health and intestinal microflora in healthy subjects: A randomized, double-blind, placebo controlled study. Bioactive Carbohydrates and Dietary Fibre 26, 100280. <https://doi.org/10.1016/j.bcdf.2021.100280>

American Academy of Allergy Asthma & Immunology, 2020. Medications and Drug Allergic Reactions. [Medications and Drug Allergic Reactions | AAAAI](#)

Ammon, H.P., Wahl, M.A., 1991. Pharmacology of Curcuma longa. Planta Med 57, 1-7. <https://doi.org/10.1055/s-2006-960004>

ANSES (AGENCE NATIONALE DE SÉCURITÉ SANITAIRE de l'alimentation, de l'environnement et du travail), 2022. L'évaluation des risques liés à la consommation de compléments alimentaires contenant du curcuma. [AVIS révisé de l'Anses relatif à l'évaluation des risques relatifs à la consommation de compléments alimentaires contenant du curcuma](#)

Apica, B.S., Lee, W.M., 2014. Drug-Induced Liver Injury, in: McManus, L.M., Mitchell, R.N. (Eds.), Pathobiology of Human Disease. Academic Press, San Diego, pp. 1825–1837. <https://doi.org/10.1016/B978-0-12-386456-7.04208-8>

Appelboom, T., Maes, N., Albert, A., 2014. A New Curcuma Extract (Flexofytol®) in Osteoarthritis: Results from a Belgian Real-Life Experience. Open Rheumatol J 8, 77–81. <https://doi.org/10.2174/1874312901408010077>

Bano, G., Raina, R.K., Zutshi, U., Bedi, K.L., Johri, R.K., Sharma, S.C., 1991. Effect of piperine on bioavailability and pharmacokinetics of propranolol and theophylline in healthy volunteers. European Journal of Clinical Pharmacology 41, 615–617. <https://doi.org/10.1007/BF00314996>

Bejar Ezra, 2018. Adulteration of turmeric (*Curcuma longa*) root and rhizome, and root and rhizome extracts. Botanical Adulterants Bulletin, 2018 (abstract only).

BfR (Federal Institute for Risk Assessment), 2003. Dyes Sudan I to IV in food.

[WHO TRS 859.pdf](#)

Braga, M.E.M., Leal, P.F., Carvalho, J.E., Meireles, M.A.A., 2003. Comparison of Yield, Composition, and Antioxidant Activity of Turmeric (*Curcuma longa* L.) Extracts Obtained Using Various Techniques. J. Agric. Food Chem. 51, 6604–6611. <https://doi.org/10.1021/jf0345550>

Chavalittumrong, P., Chivapat, S., Rattanajarasroj, S., Punyamong, S., Chuthaputti, A., Phisalaphong, C., 2002. Chronic toxicity study of curcuminoids in rats. The Songklanakarin Journal of Science and Technology 24, 16.

Chen, S., Li, Q., McClements, D.J., Han, Y., Dai, L., Mao, L., Gao, Y., 2020. Co-delivery of curcumin and piperine in zein-carrageenan core-shell nanoparticles: Formation, structure, stability and in vitro gastrointestinal digestion. Food Hydrocolloids 99, 105334. <https://doi.org/10.1016/j.foodhyd.2019.105334>

Chu, W, 2019. Belgium recall same curcumin-based supplement linked to Italian hepatitis cases. [Belgium recall same curcumin-based supplement linked to Italian hepatitis cases](#)

COT, 2013. Statement on the potential risks from lead in the infant diet. [\[ARCHIVED CONTENT\] UK Government Web Archive - The National Archives](#)

Cowell, W., Ireland, T., Vorhees, D., Heiger-Bernays, W., 2017. Ground Turmeric as a Source of Lead Exposure in the United States. Public Health Rep 132, 289–293. <https://doi.org/10.1177/0033354917700109>

Daniells, S, 2022. Italy prohibits all health claims linked to turmeric, issues warning for labels. [Italy prohibits all health claims linked to turmeric, issues warning for labels](#)

Dhakal, S., Schmidt, W.F., Kim, M., Tang, X., Peng, Y., Chao, K., 2019. Detection of Additives and Chemical Contaminants in Turmeric Powder Using FT-IR Spectroscopy. Foods 8, E143. <https://doi.org/10.3390/foods8050143>

Dhanya, K., Syamkumar, S., Siju, S., Sasikumar, B., 2011. Sequence characterized amplified region markers: A reliable tool for adulterant detection in turmeric powder. Food Research International 44, 2889–2895. <https://doi.org/10.1016/j.foodres.2011.06.040>

Di, X., Wang, X., Di, X., Liu, Y., 2015. Effect of piperine on the bioavailability and pharmacokinetics of emodin in rats. Journal of Pharmaceutical and Biomedical Analysis 115, 144–149. <https://doi.org/10.1016/j.jpba.2015.06.027>

Dixit, S., Khanna, S.K., Das, M., 2008. A Simple 2-Directional High-Performance Thin-Layer Chromatographic Method for the Simultaneous Determination of Curcumin, Metanil Yellow, and Sudan Dyes in Turmeric, Chili, and Curry Powders. Journal of AOAC INTERNATIONAL 91, 1387–1396. <https://doi.org/10.1093/jaoac/91.6.1387>

Dixit, S., Purshottam, S.K., Khanna, S.K., Das, M., 2009. Surveillance of the quality of turmeric powders from city markets of India on the basis of curcumin content and the presence of extraneous colours. Food Additives & Contaminants: Part A 26, 1227–1231. <https://doi.org/10.1080/02652030903016586>

EC, 2008. Commission Directive 2008/128/EC of 22 December 2008 laying down specific purity criteria concerning colours for use in foodstuffs (Codified version) (Text with EEA relevance), OJ L. [Directive - 2008/128 - EN - EUR-Lex](#)

EC, 1994. EUROPEAN PARLIAMENT AND COUNCIL DIRECTIVE 94/36/EC of 30 June 1994 on colours for use in foodstuffs. [eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:31994L0036&from=EN](http://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:31994L0036&from=EN)

EFSA, 2005. Opinion of the Scientific Panel on food additives, flavourings, processing aids and materials in contact with food (AFC) to review the toxicology of a number of dyes illegally present in food in the EU. EFSA Journal.

<https://doi.org/10.2903/j.efsa.2005.263>

EFSA Panel on Contaminants in the Food Chain (CONTAM), 2010. Scientific Opinion on Lead in Food. EFS2 8. <https://doi.org/10.2903/j.efsa.2010.1570>

EFSA Panel on Food Additives and Nutrient Sources added to Food (ANS), 2010. Scientific Opinion on the re-evaluation of curcumin (E 100) as a food additive.

EFS2 8. <https://doi.org/10.2903/j.efsa.2010.1679>

EFSA, 2014. Refined exposure assessment for curcumin (E 100). EFSA Journal, 12: 10, 3876. <https://doi.org/10.2903/j.efsa.2014.3876>

Fança-Berthon, P., Tenon, M., Bouter-Banon, S.L., Manfré, A., Maudet, C., Dion, A., Chevallier, H., Laval, J., van Breemen, R.B., 2021. Pharmacokinetics of a Single Dose of Turmeric Curcuminoids Depends on Formulation: Results of a Human Crossover Study. The Journal of Nutrition 151, 1802–1816.

<https://doi.org/10.1093/jn/nxab087>

FAO/WHO, 1995. Evaluation of certain food additives and naturally occurring toxicants (Fourty-fourth report of the Joint FAO/WHO Expert Committee on Food Additives). WHO Technical Report Series, No. 859.

FAO/WHO, 2004a. Evaluation of certain food additives and contaminants. Sixty-first report of the Joint FAO/WHO Expert Committee on Food Additives. WHO Technical Report Series 922. [IRIS Home](#)

FAO/WHO, 2004b. Curcumin Chemical and Technical Assessment. [Microsoft Word - 2004-02-24 CTA 61 Curcumin.doc](#)

FAO/WHO, 2017. Safety evaluation of certain food additives: prepared by the eighty-second meeting of the Joint FAO/WHO Expert Committee on Food Additives (JECFA), World Health Organization, Geneva. [Safety evaluation of certain food additives: prepared by the eighty-second meeting of the Joint FAO/WHO Expert Committee on Food Additives \(JECFA\)](#)

FAO/WHO, 2011. Safety evaluation of certain food additives and contaminants, The 74th Meeting of the Joint FAO WHO Expert Committee on Food Additives. WHO, Geneva. [Compendium of Food Additive Specifications - Joint FAO/WHO Expert Committee on Food Additives \(JECFA\) 74th Meeting 2011. FAO JECFA](#)

## Monographs 11

Fera Science Ltd, 2022. Turmeric survey for the FSA (FS430403).

<https://doi.org/10.46756/sci.fsa.ojv940>

Ferrell, L., 2000. Liver Pathology: Cirrhosis, Hepatitis, and Primary Liver Tumors. Update and Diagnostic Problems. *Mod. Pathol.* 13, 679–704.

<https://doi.org/10.1038/modpathol.3880119>

Forsyth, J.E., Nurunnahar, S., Islam, S.S., Baker, M., Yeasmin, D., Islam, M.S., Rahman, M., Fendorf, S., Ardoin, N.M., Winch, P.J., Luby, S.P., 2019. Turmeric means “yellow” in Bengali: Lead chromate pigments added to turmeric threaten public health across Bangladesh. *Environmental Research* 179, 108722.

<https://doi.org/10.1016/j.envres.2019.108722>

Funk, J.L., Frye, J.B., Oyarzo, J.N., Zhang, H., Timmermann, B.N., 2010. Anti-Arthritic Effects and Toxicity of the Essential Oils of Turmeric (*Curcuma longa* L.). *J Agric Food Chem* 58, 842–849. <https://doi.org/10.1021/jf9027206>

Grand View Research (2022). Curcumin Market Size, Share & Trends Report By Application (Pharmaceutical, Food, Cosmetics), By Region (North America, Europe, Asia Pacific, CSA, MEA), And Segment Forecasts, 2020 - 2028. [Curcumin Market Size & Share Analysis Report, 2028](#)

Gupta, S.C., Patchva, S., Aggarwal, B.B., 2012. Therapeutic Roles of Curcumin: Lessons Learned from Clinical Trials. *AAPS J* 15, 195–218.

<https://doi.org/10.1208/s12248-012-9432-8>

Halegoua-DeMarzio, D., Navarro, V., Ahmad, J., Avula, B., Barnhart, H., Barritt, A.S., Bonkovsky, H.L., Fontana, R.J., Ghabril, M.S., Hoofnagle, J.H., Khan, I.A., Kleiner, D.E., Phillips, E., Stolz, A., Vuppalanchi, R., 2022. Liver Injury Associated with Turmeric—a Growing Problem: Ten Cases from the Drug-Induced Liver Injury Network [DILIN]. *The American Journal of Medicine*.

<https://doi.org/10.1016/j.amjmed.2022.09.026>

Haroyan, A., Mukuchyan, V., Mkrtchyan, N., Minasyan, N., Gasparyan, S., Sargsyan, A., Narimanyan, M., Hovhannisyan, A., 2018. Efficacy and safety of curcumin and its combination with boswellic acid in osteoarthritis: a comparative, randomized, double-blind, placebo-controlled study. *BMC Complementary and Alternative Medicine* 18, 7. <https://doi.org/10.1186/s12906-017-2062-z>

He, Y., Li, W., Hu, G., Sun, H., Kong, Q., 2018. Bioactivities of EF24, a Novel Curcumin Analog: A Review. *Frontiers in Oncology* 8. [Frontiers | Bioactivities of EF24, a Novel Curcumin Analog: A Review](https://doi.org/10.3389/fonc.2018.00044)

Heger, M., Golen, R.F. van, Broekgaarden, M., Michel, M.C., 2014. The Molecular Basis for the Pharmacokinetics and Pharmacodynamics of Curcumin and Its Metabolites in Relation to Cancer. *Pharmacol Rev* 66, 222–307. <https://doi.org/10.1124/pr.110.004044>

Hogan, G.K. and Knezevich, A.L., 1982a. Long-term dietary toxicity/carcinogenicity study of D&C Yellow #10 in rats. Bio/dynamics Inc. Project no. 77-1884. Submitted by International Association of Color Manufacturers (IACM) to WHO, January 2016.

Hogan, G.K. and Knezevich, A.L., 1982b. Long-term dietary toxicity/carcinogenicity study of D&C Yellow #10 in rats, Bio/dynamics Inc. Project No. 78-2163. Submitted by International Association of Color Manufacturers (IACM) to WHO, January 2016.

Ireson, C.R., Jones, D.J.L., Orr, S., Coughtrie, M.W.H., Boocock, D.J., Williams, M.L., Farmer, P.B., Steward, W.P., Gescher, A.J., 2002. Metabolism of the Cancer Chemopreventive Agent Curcumin in Human and Rat Intestine. *Cancer Epidemiol Biomarkers Prev* 11, 105–111.

Jamwal, R., 2018. Bioavailable curcumin formulations: A review of pharmacokinetic studies in healthy volunteers. *Journal of Integrative Medicine* 16, 367–374. <https://doi.org/10.1016/j.joim.2018.07.001>

Ji, H., Tang, J., Li, M., Ren, J., Zheng, N., Wu, L., 2016. Curcumin-loaded solid lipid nanoparticles with Brij78 and TPGS improved in vivo oral bioavailability and in situ intestinal absorption of curcumin. *Drug Delivery* 23, 459–470. <https://doi.org/10.3109/10717544.2014.918677>

Joober, R., Schmitz, N., Annable, L., Boksa, P., 2012. Publication bias: What are the challenges and can they be overcome? *J Psychiatry Neurosci* 37, 149–152. <https://doi.org/10.1503/jpn.120065>

Khajeh Pour, S., Blanton, C., Ghimire, B., Aghazadeh-Habashi, A., 2023. Development of a rapid, sensitive, and selective LC-MS/MS method for quantifying curcumin levels in healthy human urine: Effect of pepper on curcumin bioavailability. *Food Sci Nutr* 11, 7732–7741. <https://doi.org/10.1002/fsn3.3691>

Kanai, M., Yoshimura, K., Asada, M., Imaizumi, A., Suzuki, C., Matsumoto, S., Nishimura, T., Mori, Y., Masui, T., Kawaguchi, Y., Yanagihara, K., Yazumi, S., Chiba, T., Guha, S., Aggarwal, B.B., 2011. A phase I/II study of gemcitabine-based chemotherapy plus curcumin for patients with gemcitabine-resistant pancreatic cancer. *Cancer Chemother Pharmacol* 68, 157–164.

<https://doi.org/10.1007/s00280-010-1470-2>

Kaplowitz, N., 2005. Idiosyncratic drug hepatotoxicity. *Nat Rev Drug Discov* 4, 489–499. <https://doi.org/10.1038/nrd1750>

Khajuria, A., Thusu, N., Zutshi, U., 2002. Piperine modulates permeability characteristics of intestine by inducing alterations in membrane dynamics: Influence on brush border membrane fluidity, ultrastructure and enzyme kinetics. *Phytomedicine* 9, 224–231. <https://doi.org/10.1078/0944-7113-00114>

Lakshmi, S., Padmaja, G., Remani, P., 2011. Antitumour Effects of Isocurcumenol Isolated from *Curcuma zedoaria* Rhizomes on Human and Murine Cancer Cells. *International Journal of Medicinal Chemistry* 2011, e253962.

<https://doi.org/10.1155/2011/253962>

Lambert, J.D., Hong, J., Kim, D.H., Mishin, V.M., Yang, C.S., 2004. Piperine enhances the bioavailability of the tea polyphenol (-)-epigallocatechin-3-gallate in mice. *J Nutr* 134, 1948–1952. <https://doi.org/10.1093/jn/134.8.1948>

Latif, M.A., Morris, T.R., Miah, A.H., Hewitt, D., Ford, J.E., 1979. Toxicity of shoti (Indian arrowroot: *Curcuma zedoaria*) for rats and chicks. *Br J Nutr* 41, 57–63.

<https://doi.org/10.1079/bjn19790012>

Li Shiyou, Yuan Wei, Deng Guangrui, Wang Ping, Yang Peiying,, Aggarwal Bharat, 2011. Chemical Composition and Product Quality Control of Turmeric (*Curcuma longa* L.). *TOPHARM CJ* 5, 28–54. <https://doi.org/10.2174/2210290601102010028>

Liu, Z., Smart, J.D., Pannala, A.S., 2020. Recent developments in formulation design for improving oral bioavailability of curcumin: A review. *Journal of Drug Delivery Science and Technology* 60, 102082.

<https://doi.org/10.1016/j.jddst.2020.102082>

Lopes-Rodrigues, V., Sousa, E., Vasconcelos, M.H., 2016. Curcumin as a Modulator of P-Glycoprotein in Cancer: Challenges and Perspectives. *Pharmaceuticals (Basel)* 9, 71. <https://doi.org/10.3390/ph9040071>

Luber, R.P., Rentsch, C., Lontos, S., Pope, J.D., Aung, A.K., Schneider, H.G., Kemp, W., Roberts, S.K., Majeed, A., 2019. Turmeric Induced Liver Injury: A Report of Two Cases. *Case Reports Hepatol* 2019, 6741213.

<https://doi.org/10.1155/2019/6741213>

Lukefahr, A.L., McEvoy, S., Alfafara, C., Funk, J.L., 2018. Drug-induced autoimmune hepatitis associated with turmeric dietary supplement use. *BMJ Case Reports* bcr-2018-224611. <https://doi.org/10.1136/bcr-2018-224611>

Mimica, B., Bučević Popović, V., Banjari, I., Jeličić Kadić, A., Puljak, L., 2022. Methods Used for Enhancing the Bioavailability of Oral Curcumin in Randomized Controlled Trials: A Meta-Research Study. *Pharmaceuticals* 15, 939.

<https://doi.org/10.3390/ph15080939>

Nagaraja, T.N., Desiraju, T., 1993. Effects of chronic consumption of metanil yellow by developing and adult rats on brain regional levels of noradrenaline, dopamine and serotonin, on acetylcholine esterase activity and on operant conditioning. *Food and Chemical Toxicology* 31, 41-44.

[https://doi.org/10.1016/0278-6915\(93\)90177-Z](https://doi.org/10.1016/0278-6915(93)90177-Z)

Nakagawa, Y., Mori, K., Yamada, S., Mukai, S., Hirose, A., Nakamura, R., 2022. The Oral Administration of Highly-Bioavailable Curcumin for One Year Has Clinical and Chondro-Protective Effects: A Randomized, Double-Blinded, Placebo-Controlled Prospective Study. *Arthroscopy, Sports Medicine, and Rehabilitation* 4, e393-e402. <https://doi.org/10.1016/j.asmr.2021.10.016>

Nisa, A., Zahra, N., B., Y., 2016. Sudan dyes and their potential health effects. *Pakistan Journal of biochemistry and molecular biology* 49, 29-35.

Olojede, A.O., Nwokocha, C.C., Akinpelu, A.O., Dalyop, T., 2009. Effect of Variety, Rhizome and Seed Bed Types on Yield of Turmeric (*Curcuma longa* L) under a Humid Tropical Agro-Ecology 3. *Advances in Biological Research* 3 (1-2): 40-42.

[https://www.idosi.org/abr/3\(1-2\)/8.pdf](https://www.idosi.org/abr/3(1-2)/8.pdf)

Pan, H., Feng, J., He, G.-X., Cerniglia, C.E., Chen, H., 2012. Evaluation of impact of exposure of Sudan azo dyes and their metabolites on human intestinal bacteria. *Anaerobe* 18, 445-453.

<https://doi.org/10.1016/j.anaerobe.2012.05.002>

Pancholi, V., Smina, T.P., Kunnumakkara, A.B., Maliakel, B., Krishnakumar, I.M., 2021. Safety assessment of a highly bioavailable curcumin-galactomannoside complex (CurQfen) in healthy volunteers, with a special reference to the recent hepatotoxic reports of curcumin supplements: A 90-days prospective study.



Toxicology Reports 8, 1255–1264. <https://doi.org/10.1016/j.toxrep.2021.06.008>

Petracca, M., Quarantelli, M., Moccia, M., Vacca, G., Satelliti, B., D'Ambrosio, G., Carotenuto, A., Ragucci, M., Assogna, F., Capacchione, A., Lanzillo, R., Morra, V.B., 2021. ProspeCtive study to evaluate efficacy, safety and tolerability of dietary supplemeNT of Curcumin (BCM95) in subjects with Active relapsing Multiple Sclerosis treated with subcutaNeous Interferon beta 1a 44 mcg TIW (CONTAIN): A randomized, controlled trial. Multiple Sclerosis and Related Disorders 56, 103274. <https://doi.org/10.1016/j.msard.2021.103274>

Pfeiffer, E., Höhle, S., Solyom, A.M., Metzler, M., 2003. Studies on the stability of turmeric constituents. Journal of Food Engineering 56, 257–259.

Rao, S.N., Vennapusa, C.S.R., Patel, S., Meti, S., Huggar, B., 2021. Determination of banned adulterants in turmeric and chilli powders using ultra-high-performance liquid chromatography. Journal of Liquid Chromatography & Related Technologies 44, 235–243. <https://doi.org/10.1080/10826076.2021.1891933>

Ravindranath, V., Chandrasekhara, N., 1981. Metabolism of curcumin--studies with [3H]curcumin. Toxicology 22, 337–344. [https://doi.org/10.1016/0300-483x\(81\)90027-5](https://doi.org/10.1016/0300-483x(81)90027-5)

Sasikumar, B., 2019. Advances in adulteration and authenticity testing of turmeric (*Curcuma longa* L.). J Spices Arom Crops 96–105. <https://doi.org/10.25081/josac.2019.v28.i2.6072>

Sasikumar, B., 2005. Genetic resources of *Curcuma*: diversity, characterization and utilization. Plant Genetic Resources 3, 230–251. <https://doi.org/10.1079/PGR200574>

Sasikumar, B., Syamkumar, S., Remya, R., John Zachariah, T., 2004. PCR Based Detection of Adulteration in the Market Samples of Turmeric Powder. Food Biotechnology 18, 299–306. <https://doi.org/10.1081/FBT-200035022>

Saxena, B., Sharma, S., 2015. Food Color Induced Hepatotoxicity in Swiss Albino Rats, *Rattus norvegicus*. Toxicol Int 22, 152–157. <https://doi.org/10.4103/0971-6580.172286>

SCF (Scientific Committee for Food), 1975. Reports from the Scientific Committee for Food (1st series), opinion expressed 27 June 1975. [REPORTS OF THE SCIENTIFIC COMMITTEE FOR FOOD : First series](#)

Shen, L., Ji, H.-F., 2012. The pharmacology of curcumin: is it the degradation products? *Trends Mol Med* 18, 138-144.

<https://doi.org/10.1016/j.molmed.2012.01.004>

Shoba, G., Joy, D., Joseph, T., Majeed, M., Rajendran, R., Srinivas, P.S., 1998. Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta Med* 64, 353-356. <https://doi.org/10.1055/s-2006-957450>

Sterzi, S., Giordani, L., Morrone, M., Lena, E., Magrone, G., Scarpini, C., Milighetti, S., Pellicciari, L., Bravi, M., Panni, I., Ljoka, C., Bressi, F., Foti, C., 2016. The efficacy and safety of a combination of glucosamine hydrochloride, chondroitin sulfate and bio-curcumin with exercise in the treatment of knee osteoarthritis: a randomized, double-blind, placebo-controlled study. *Eur J Phys Rehabil Med* 52, 321-330.

Stohs, S.J., Chen, O., Ray, S.D., Ji, J., Bucci, L.R., Preuss, H.G., 2020. Highly Bioavailable Forms of Curcumin and Promising Avenues for Curcumin-Based Research and Application: A Review. *Molecules* 25, 1397.

<https://doi.org/10.3390/molecules25061397>

Suhail, F.K., Masood, U., Sharma, A., John, S., Dhmoon, A., 2020. Turmeric supplement induced hepatotoxicity: a rare complication of a poorly regulated substance. *Clin Toxicol (Phila)* 58, 216-217.

<https://doi.org/10.1080/15563650.2019.1632882>

Thanawala, S., Shah, R., Doyle, L., Upadhyay, V., 2024. Comparative Pharmacokinetics of Curcuminoids from Water-Dispersible Turmeric Extract Against a Curcuminoids-Piperine Combination: An Open-Label, Randomized, Balanced, 2-Treatment, 2-Sequence, 2-Period Crossover Study. *Altern Ther Health Med* 30, 18-23. (abstract only).

Tsuda, S., Matsusaka, N., Madarame, H., Ueno, S., Susa, N., Ishida, K., Kawamura, N., Sekihashi, K., Sasaki, Y.F., 2000. The comet assay in eight mouse organs: results with 24 azo compounds. *Mutation Research/Genetic Toxicology and Environmental Mutagenesis* 465, 11-26. [https://doi.org/10.1016/S1383-5718\(99\)00199-0](https://doi.org/10.1016/S1383-5718(99)00199-0)

Tullberg, S.C., Keene, W.E., Walton, K., Rakkar, P., Toor, M. and Renwick, A.G., 2004. Biomarkers, toxicokinetics and default uncertainty factors, Project Number - T01017 FSA. Studies on curcumin. pp 30-40. [\[ARCHIVED CONTENT\] Food Standards Agency Report Repository::Search results page](#)

Ullah, A., Chan, M.W.H., Aslam, S., Khan, A., Abbas, Q., Ali, Shamsheer, Ali, M., Hussain, A., Mirani, Z.A., Sibte-e-Hassan, S., Kazmi, M.R., Ali, Shaukat, Hussain, S., Khan, A.M., 2022. Banned Sudan dyes in spices available at markets in Karachi, Pakistan. null 1–9. <https://doi.org/10.1080/19393210.2022.2100489>

Wahlström, B., Blennow, G., 1978. A study on the fate of curcumin in the rat. *Acta Pharmacol Toxicol (Copenh)* 43, 86–92. <https://doi.org/10.1111/j.1600-0773.1978.tb02240.x>

Wang, R., Han, J., Jiang, A., Huang, R., Fu, T., Wang, L., Zheng, Q., Li, W., Li, J., 2019. Involvement of metabolism-permeability in enhancing the oral bioavailability of curcumin in excipient-free solid dispersions co-formed with piperine. *International Journal of Pharmaceutics* 561, 9–18. <https://doi.org/10.1016/j.ijpharm.2019.02.027>

WHO, 2022. Lead poisoning. [Lead poisoning](#)

Yang, K.-Y., Lin, L.-C., Tseng, T.-Y., Wang, S.-C., Tsai, T.-H., 2007. Oral bioavailability of curcumin in rat and the herbal analysis from *Curcuma longa* by LC-MS/MS. *J Chromatogr B Analyt Technol Biomed Life Sci* 853, 183–189. <https://doi.org/10.1016/j.jchromb.2007.03.010>

Zhou, L., Zhang, K., Li, J., Cui, X., Wang, A., Huang, S., Zheng, S., Lu, Y., Chen, W., 2013. Inhibition of vascular endothelial growth factor-mediated angiogenesis involved in reproductive toxicity induced by sesquiterpenoids of *Curcuma zedoaria* in rats. *Reprod Toxicol* 37, 62–69. <https://doi.org/10.1016/j.reprotox.2013.02.001>