American Metabolix Turmeric Gummies: A Smarter Ginger-Flavored Snack

written by Mike Roberto | March 31, 2022

Let's face it: we all like to have a good snack. There are times when the work we're doing is so mentally demanding that we just need a little extra hit of glucose to get us through it – but what should we reach for in times like these?

Certainly not the standard American snack fare – potato slices fried in toxic, hyper-oxidized omega-6-laden "seed oils" that have traditionally been used as paint thinner and engine lubricant, or, in the case of linseed oil, to polish the chrome on aircraft fuselages.

American Metabolix Turmeric Gummies are here, and they bring a hit of *ginger* flavor!

Those oils – which are contained in the vast majority of commercial snack foods – will actually induce profound physiological insulin resistance[1] via the *Randle Cycle* while being digested, thus preventing you from achieving your goal of supplying fresh glucose to your neurons.

American Metabolix Gummies are here with a *healthier* way to snack

As long as you're going to carb up, it's better to opt for some *cleaner carbs that* will give you energy without causing transient metabolic-devastating symptoms.

And that's where **American Metabolix Turmeric Gummies** come in. But compared to all of the sweet stuff out there, these have some *zing* to them – because a delicious *ginger flavor* has been added!

We argue that *this* is a better way to snack. Our reasoning is below, along with a deep-dive on the *curcumin*-containing **turmeric** inside. First, let's check prices and make sure you're ready for American Metabolix news alerts:

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With only 5 grams of carbs per serving, these gummies will help you dial in your glucose intake to just the right level – but with a sizeable dose of *curcumin*-containing **turmeric**, they can also help support your brain and reduce systemic inflammation on those days when you're dealing with a lot of stress at work.

The sugar source for these gummies is *glucose syrup* – a good choice for those who are trying to avoid *fructose* out of concerns about non-alcoholic fatty liver disease (NAFLD).[2]

American Metabolix Turmeric Gummy Ingredients

In a single *two gummy* serving of Turmeric Gummies from American Metabolix, you get the following:

- **Turmeric *Powder* (100 mg) & Turmeric *Extract* (30 mg)**

Supplement Facts

Serving Size: 2 Pieces
Servings Per Container: 30

Amount Per Serving	%DV
Calories: 20	Calories from fat: 0
Total Carbohydrates	5g 2%
Sodium (as Sodium Citrate)	8mg<1%
Total Sugars	3.6g **
Includes Added Sugars	3.6g 7%
Turmeric Extract *(Curcuma longa L.)(root)*	30mg **
Black Pepper Extract *(Piper nigrum)(fruit)*	2000mcg **
Turmeric Powder *(Curcuma longa L.)(root)*	100mg **

† Percent Daily Value is based on a 2,000 calorie diet
** Daily Value (DV) not established

Other Ingredients: Glucose Syrup, Sugar, Glucose, Pectin, Citric Acid, Vegetable Oil (Contains Carnauba Wax), Ginger Flavor.

Two different turmeric/curcumin based active ingredients. But the *last* ingredient on this label gives away some information on the flavor – it has a *ginger* kick to it!

Turmeric, along with *ginger*, is a member of the *Zingiberaceae* family of plants. Various parts of the turmeric plant, but especially the root, have been used for thousands of years in ancient Indian *ayurvedic* medicine to treat a wide range of ailments.[3]

Most **turmeric extracts** are standardized for *curcumin*, a bright orange phytochemical produced by *turmeric* and *ginger* plants. Curcumin is actually the pigment that gives the roots their bright orange and yellow colors.[4]

Dosing of Turmeric and Curcumin

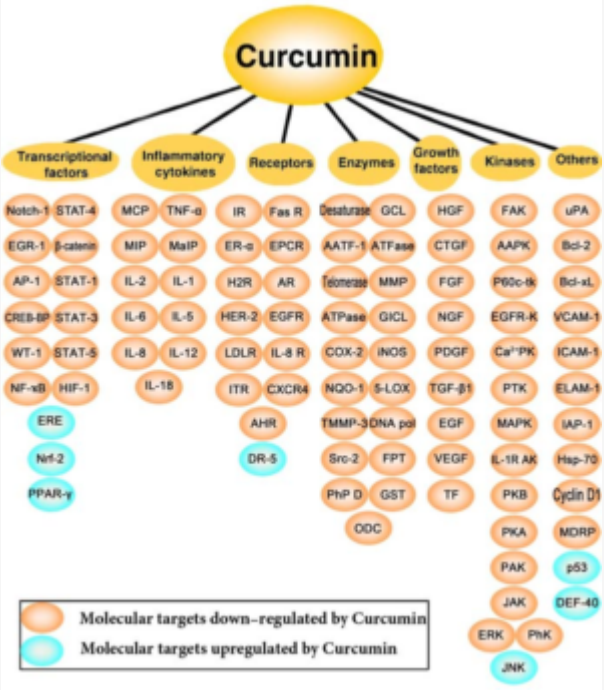
Although the concentration of curcumin in turmeric is generally about 3% by weight,[5] it's only one of several *curcuminoids* that occur naturally in the turmeric plant, and *all* have broadly similar effects.[6]

Because of their powerful ability to reduce oxidative stress[7-13] and the *inflammation* typically associated with it,[14-19] curcumin and the other curcuminoids have been identified by researchers as having strong potential in the prevention of numerous diseases, as well as in supporting the health of various organs, including the liver, the cardiovascular system, and the nervous system.[20]

This "broad-spectrum" curcuminoid action, among other things, is probably why curcumin *and* turmeric itself have similar overall benefits for human health.[21]

So for the purposes of this article, *understand that we're treating curcumin and turmeric more or less interchangeably* – we believe this is justified based on the current state of the research. Although you probably won't get high-dose curcumin-*specific* benefits from eating these gummies, they *can* move you in the right direction as far as systemic inflammation and the associated illnesses are concerned. We count that as a win, especially if used to replace candy or other snacks, but leave it to the reader to decide whether it's worth diving into.

Turmeric and Inflammation



While the NF-κB pathway is one of the main targets of curcumin, it's definitely not the *only* pathway targeted![22]

Much of turmeric's anti-inflammatory activity comes from the fact that **curcumin actually inhibits the cyclooxygenase-2 *(COX-2)* enzyme**,[23-25] the same enzyme targeted by non-steroidal anti-inflammatory drugs like aspirin and ibuprofen. Partly by interfering with the action of COX-2, curcumin prevents the synthesis of *prostaglandins*,[26] a class of messenger molecules that trigger the body's inflammatory response.

Turmeric and Cardiovascular Health

One of the big drivers of heart disease is *endothelial* dysfunction.[27] When the smooth muscle layer inside of your arteries loses its ability to regulate blood pressure and arterial diameter, heart disease is one of the results.[27] Fortunately, **curcumin has been shown to improve *endothelial* function**,[28] and even partially *reverse* the progression of heart disease.[29,30]

Once again, *chronic inflammation* is the link: out-of-control inflammatory

processes seem to be one of the main causes behind endothelial dysfunction.[31] So given turmeric's profound anti-inflammatory properties, it's no surprise that it would help improve endothelial function.

In one study, heart disease patients who took curcumin had a *65% lower chance of heart attack* while in the hospital, compared to a placebo group.[32] These are studies worth knowing – but very few mainstream medical "experts" ever discuss them!

Turmeric and the Brain

According to a recent high-powered meta-analysis, curcumin has the ability to raise levels of a protein called brain-derived neurotrophic factor *(BDNF)* in the brain.[33] That's a big deal because BDNF is principally responsible for promoting synaptic plasticity and dendrite growth in the brain,[34] and is necessary for *adult neurogenesis* in specific brain regions like the hippocampus.

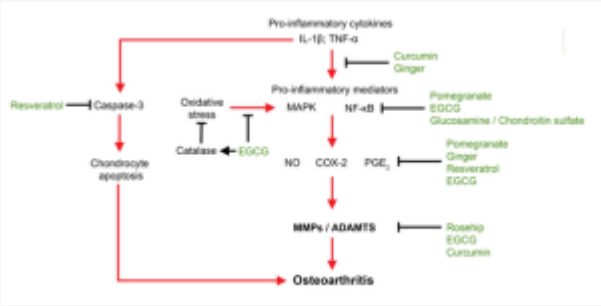
Believe it or not, this effect size of the curcumin-driven BDNF increase is so big that curcumin has been shown to improve symptoms in people with diagnosed depression and anxiety,[35] and has actually been proposed as a potential adjunct treatment for Major Depressive Disorder[35] in countries where high dietary turmeric consumption is rare.

Curcumin's profoundly beneficial impact on the *brain* is a big clue to its value as a promoter of overall health, since the brain is uniquely vulnerable to oxidative stress,[36] making brain health a "canary in the coal mine" when it comes to the integrity of a person's antioxidant defenses.

Because chronic inflammation negatively affects the expression of BDNF, you can think of curcumin's effect on BDNF partly as a proxy measure of its anti-inflammatory powers.[37]

In other words, anything powerful enough to measurably reduce the burden of oxidative stress on your brain is *probably* going to pay big dividends for the rest of your body, too.

Other Effects of Turmeric



How curcumin (and some other ingredients discussed below) can affect the pro-inflammatory cytokines, discussed on this page

No big surprise then that curcumin has been found to significantly reduce chronic pain[38-51] and alleviate symptoms in people suffering from osteoarthritis.[38-51]

It can also promote healthy digestion in people with gastric disease,[52] and curcuminoids have also been identified as compounds capable of improving *liver function* in alcoholics.[53]

So, as you can see, there are a *ton* of potential benefits associated with high turmeric/curcuminoid consumption, and with low levels of inflammation. Given that the modern environment and dietary habits are so pro-inflammatory,[54] and with chronic inflammation's status as a growing public health burden, a little extra anti-inflammatory support will almost certainly benefit *most* supplement consumers. Especially when turmeric consumption is notably low in Western countries.

Timing is key if you're chasing muscle gains

The full back panel label

Note for athletes: if you're trying to gain muscle, you should **avoid** the heavy use of anti-inflammatory compounds (including turmeric and curcumin) immediately after exercise. The reason is that inflammation in response to exercise is what initiates muscle protein synthesis – so if you suppress inflammation through supplementation, you don't get all your gains.

You don't have to avoid anti-inflammatories altogether: just make sure that you don't use them around the time you exercise. Rest days are a good time to tamp down on inflammation without inhibiting muscle growth.

- **Black Pepper Extract – 2 mg**

  So now that we've established the incredible benefits of curcumin and curcuminoid consumption via turmeric, the question remains: how much are we actually absorbing the curcuminoids that occur naturally in turmeric?

  Unfortunately, the answer is that on their own, the bioavailability of curcuminoids from turmeric is quite low.[55,56]

  Fortunately though, *piperine*, a component of *black pepper fruit*, has been shown to *dramatically* increase the bioavailability of curcumin – by as much as 2000%, in fact.[57]

  So that's mostly what **black pepper extract** is doing here: ensuring that you absorb as much of the beneficial compounds from the turmeric in these gummies as you possibly can.

On the flavor: note the ginger!

Heads up – there's a hit of *ginger* flavor in these!

These gummies are a unique experience. Don't come expecting insanely sweet candy – they actually have some *kick* to them, partly thanks to the black pepper extract but also the **ginger flavor** inside. Because of this combo, they don't taste like "curry" – they're pleasantly potent, and make for a great treat to satisfy a sugar craving without making you want to invade a candy store for more.

The more we try, the more we notice that the ginger flavor is what comes through more than anything!

These honestly won't be for everyone, but if you think you might like the benefits of turmeric with a hit of sugar – not too much and not too little – then give these a shot.

How about some Gummies and Greens? Soon, we'll crack into the American Metabolix Keto Greens!

Takeaway: A snack with *zing*

If you're gonna snack, do it right – eat something with *some* nutraceutical value. Anything containing *turmeric*, even with a smaller dose of active

curcumin, is going to have some anti-inflammatory effect. If you're the type of person that likes ginger candies, you won't be disappointed in the flavor.

American Metabolix is adding this to their overall health stack, which includes their *Keto Greens*, a product we'll be covering in the future. Get ready for the *gummies and greens* stack, and sign up for our American Metabolix alerts below:

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