

Turmeric Liver Safety Checklist

FitInFlow.space · Based on NIH LiverTox, NCCIH, Memorial Sloan Kettering and the UK Committee on Toxicity. For information only, not medical advice. No amounts are given. Updated October 2026.

1. Label check

- ☐ Turmeric root powder, or a concentrated extract?
☐ Contains black pepper extract / piperine? (enhanced forms are linked to liver injury)
☐ "Bioavailable", liposomal, micellar or nano formula? (highly bioavailable products linked to liver damage)
☐ Turmeric also in another product I take (joint or multi-herb blends)?
☐ Third-party seal confirmed on the program website? ☐ No disease claims on the label?

2. I should avoid turmeric supplements or ask a doctor first if...

- ☐ I have, or have had, liver disease ☐ I reacted to turmeric before (never restart after a reaction)
☐ I am pregnant or breastfeeding ☐ I have gallbladder or bile duct problems, or kidney stones
☐ I take a blood thinner, transplant drug, chemotherapy or other regular medicines

3. Liver warning signs: stop and call a doctor

Sign	What it can look like
Unusual tiredness	Exhaustion that is new or unexplained
Nausea	Feeling sick, sometimes with vomiting
Loss of appetite	Not wanting to eat for days
Dark urine	Tea- or cola-colored urine
Yellow skin or eyes	Jaundice, often noticed in the whites of the eyes

Liver reactions usually appear 1 to 4 months after starting (LiverTox). Most people recover after stopping.

4. Questions for my pharmacist

- ☐ Is turmeric safe with my medicines? ☐ Should I have a liver test before or while taking it?
☐ Does this product contain piperine or an enhanced form? ☐ Is it safe with my gallbladder, kidney or liver history?

5. Report and get help

Report side effects to the FDA: 1-800-FDA-1088 or [safetyreporting.hhs.gov](https://www.fda.gov/oc/ohrt/safetyreporting.html). Emergency: 911. Food first: cooking with turmeric is a far lower exposure than concentrated capsules.