

# BCM-95®

## Sustainably Produced, Ethically Acquired



Turmeric is a perennial herb with tall, very beautiful, white flower spikes. The beneficial part of the plant is the rhizome (or underground stem). Turmeric requires well-drained soil, a frost-free climate, and annual rain or supplementary irrigation. It grows best on fertile soils but cannot tolerate very wet conditions. Light shade is beneficial; the plants do not grow well in heavy shade. Optimal growing conditions are found in the northeast areas of India. Specifically, the turmeric root used to create BCM-95 is grown in north east India, in the state of Assam. This region is also well-known for tea and silk production.

**Harvest:** The turmeric used to produce BCM-95 is grown without the use of pesticides or chemicals. While the turmeric crop has not yet received official organic certification, the local



farmers follow practices that, in effect, result in an organic product. They use natural fertilizers (animal manure), dig the turmeric roots and rhizomes, burn the leaves and till the ash back into the soil as additional fertilizer. The work is done almost entirely by hand, involving little or no machinery. Turmeric is an important crop in this region. Careful attention is paid to the plants, regular and optimum irrigation, and sustainable and eco-friendly cultivation.

**Testing:** Incoming raw material is regularly analyzed for contaminants (including heavy metals), in addition to other parameters such as curcumin content, moisture, etc. Potency is also verified after extraction, micronization, and blending with turmeric essential oils.



**Fair Trade:** The people who plant, tend and harvest the turmeric crop for BCM-95 are independent local farmers, and not employed by the company. The Spice Board of India (a governmental agency) and the Agriculture Department aid the farmers in improving their farming and cultivation techniques.

Turmeric for BCM-95 is purchased from the Agricultural Produce Marketing Committee. This is a cooperative society to ensure that farmers are paid reasonable, competitive prices for their crops. The APMC also provides farmers with information related to new farming techniques and promotes government programs to encourage good agricultural practices.

