

Supplementary figure 1 Plasma curcumin levels for individual participants after consumption of curcumin powder meal for all 14 participants. Only four participants had detectable plasma curcumin.

Supplementary table 1 The limit of detection (LoD) and the limit of quantitation (LoQ) calculated from the Signal to Noise Ratio of the lower standard.

In turmeric powder and fresh turmeric			
	Curcumin	Demethoxy	BisDemethoxy
	mg/100g		
Theoretical LoQ	10	14.3	10.6
Theoretical LoD	3	4.3	3.2

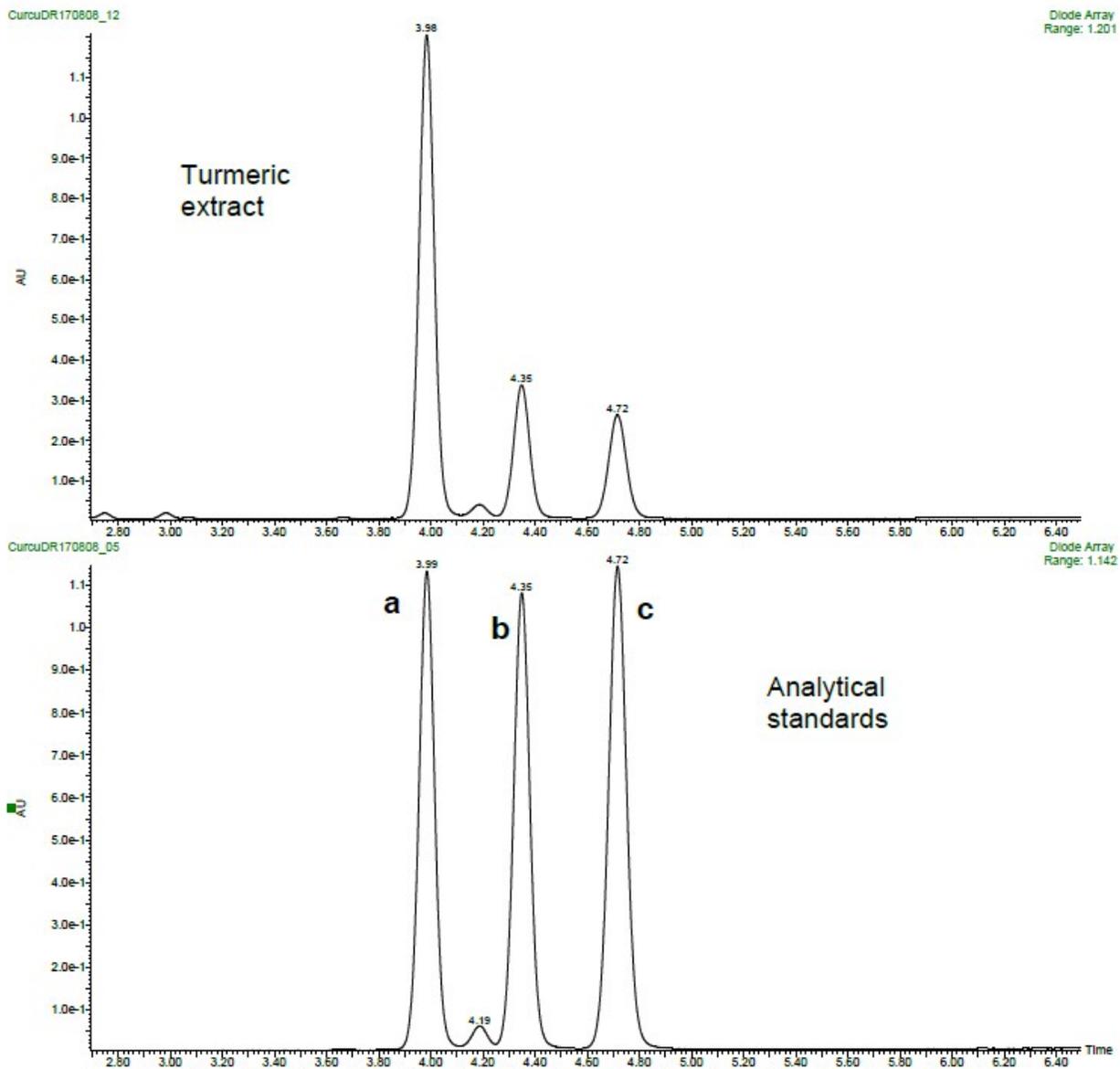


Figure 2 Extracted PDA chromatograms of analytical standards and fresh turmeric extract. Peaks id. a) curcumin, b) desmethoxycurcumin and c) bis-desmethoxycurcumin.

**Supplementary table 2** Number of participants with plasma samples collected per time point

Time point (hours)	0	1	2	3	4	6
Fresh Turmeric	14	13	14	13	14	14
Turmeric powder	13	13	13	12	13	13
Curcumin powder	14	14	13	14	14	14