HIGH ALЛИCIN GARLIC (odor free)

DESCRIPTION
All natural garlic tablet, high in allicin and specially coated to eliminate odor and reflux

FORMULA
Each tablet delivers:
Garlic (Allium sativum) Bulb Extract ................................ 500 mg containing minimum 5 mg allicin and 11 mg alliin

Other Ingredients: cellulose, modified cellulose gum, stearic acid (vegetable source), natural vanilla flavoring, titanium dioxide, silica, magnesium stearate (vegetable source), sodium alginate.

INDICATIONS
High Allicin Garlic is indicated to assist with the following:
• Providing support for patients striving for healthy cholesterol levels
• Reduces platelet adhesion, acting as a mild blood “thinner”
• For those seeking the general health benefits of raw garlic
• Maintaining healthy circulation, normal blood pressure and exercise tolerance

DIRECTIONS
Take 1-2 tablets daily with or without meals

KEY FEATURES
• Uses an all natural layering technology of sodium alginate with natural vanilla flavors to retard reflux odors. Titanium dioxide layer added for eye pleasing, clinical white presentation.
• Contains a minimum of 5 mg allicin and 11 mg of alliin, both active components of garlic
• High quality blend of chosen Chinese and domestic garlic
• Small, 500 mg vegetarian tablet

BACKGROUND
The health benefits of garlic have been known for thousands of years. Used by the Romans, Egyptians, Chinese and much of southern and northern Europe as food, this herb has been documented throughout history as a valuable medicine. Garlic contains the sulfur-based amino acid alliin (which is not sulfuric acid, but a product of glutathione) and when activated by crushing, releases the enzyme allinase, converting alliin to allicin. This enzymatic product is one of the compounds giving garlic both its traditional, medicinal effects and pungent odor. It is now thought that the plant biosynthesizes allicin as a
protective, anti-fungal compound. So garlic high in glutathione, alliin and the enzyme alliinase is the most effective and highly prized. It is recommended that raw garlic or garlic supplements are more effective than cooked garlic, because heat quickly destroys the alliinase, stunting the conversion of allicin.

A summary of forty studies performed on several different garlic types (cooked, uncooked, powdered) concluded a mean reduction in total serum cholesterol of about 11%. Some animal studies have also shown that fresh garlic, in which alliinase is still active, clears the lipid turbidity in plasma, consistent with the positive findings of cholesterol lowering and anti-platelet effects.

**WARNING**

Counter indications are rare. Excessive dietary intake may cause stomach upset and topical application is not recommended. People taking anticoagulant drugs should not consume large amounts of garlic and stop consuming garlic prior to surgery. Increased intake of garlic may possibly increase the risk of hemorrhagic complications during surgery.

**HOW SUPPLIED**

60 white tablets per bottle

**HOW IS AL莉IN FORMED?**

**ALLIIN**

This is the naturally occurring, sulfoxide containing amino acid, alliin

**THE ENZYME ALLIINASE**

This enzyme processes alliin in whole, crushed raw garlic. It is important to use raw garlic when seeking medicinal benefits.

**ALLICIN, one of the actives of garlic**

Formed by the reaction of the enzyme alliinase with the sulfoxide containing amino acid, alliin.

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*These statements are for educational purposes and have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Product no. 0082*