

Health Benefits of Garlic

History

- The potency of garlic has been acknowledged now for more than 500 years.
- In ancient times, garlic was used as a remedy for intestinal disorders, flatulence, worms, respiratory infections, skin diseases, wounds, symptoms of aging, and many other ailments.
- Through the middle ages into World War II, garlic was used to treat wounds. It was ground up or sliced and then applied directly to wounds in order to inhibit the spread of infection.



Favorable Effects of Garlic

To date, there are more than 3,000 publications from all over the world that have confirmed the recognized health benefits of garlic. Clinical effects of the consumption of garlic preparations (including garlic extracts) have been reported. These include:

- Reduction of risk factors for cardiovascular disease and cancer
- A stimulation of immune function
- Enhanced foreign compound detoxification
- Radioprotection
- Restoration of physical strength

According to the USDA National Agricultural Statistics Service, the amount of garlic produced in the U.S. in 1998 was ~252,000 metric tons. Over 60% of the garlic consumed worldwide is produced in California.

Garlic Supplements

Essential oil
Dehydrated Powder
Oil macerate
Extract

Garlic Preparations

Compounds in garlic have been shown to exhibit hypolipidemic, antiplatelet, and procirculatory effects. Aged garlic extract (AGE), as the name implies is a type of extract which has been aged for up to 20 months. AGE has been reported to possess hepatoprotective, immune-enhancing, anticancer, and chemoprotective activities. In addition, AGE exhibits antioxidative activities, whereas, raw or heated garlic stimulates oxidation.

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