Form | 250 mg tablet
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Daily intake | 1 tablet with meal, 2 tablets per day
Active ingredients (daily intake) | Standardized Garlic Allicin extract 200 mg
Application | Food supplement, additional source of allicin

**REPORTED BENEFITS OF GARLIC (ALLICIN):**
Garlic’s benefits on the cardiovascular system are the main reason this supplement is so popular worldwide. Garlic has been reported to **lower total cholesterol by 12%**, **LDL cholesterol and triglycerides by 17%**, and **increase HDL cholesterol**.
Garlic may be of benefit in the **prevention of heart disease and atherosclerosis**.
Garlic may **inhibit platelet aggregation** and influence blood viscosity through its fibrinolytic activity. This activity leads to the use of garlic in the **prevention and supportive treatment of strokes, heart attacks, and various thrombus events**.
A meta-analysis in 1994 found that Garlic supplements were clinically useful in treating **mild hypertension**.
A recent study reported that individuals whose blood pressures are on the lower side are more likely to consume more garlic in their diets. Studies have reported that garlic’s ability to **lower blood pressure** may in part be due to the decreased production of nitric oxide by the activation of inducible nitric oxide synthase.

**OTHER REPORTED BENEFITS:**
Garlic seems to **detoxify chemical carcinogens and prevent carcinogenesis**, along with directly **inhibiting the growth of cancer cells**. Garlic is claimed to inhibit nitrosamine formation, which has lead to it being studied in cancer patients.
Garlic is reported to **stimulate immunity**, including macrophage activity, natural killer and killer cells, and lymphokine-activated killer (LAK) cells, and to increase the production of IL-2, TNF, and interferon-gamma. Garlic and its components have been reported **active against various cancers**, including cancerous cell lines from the human bladder, certain hepatic cells lines, some breast cancer cell lines, prostate, and some colorectal and stomach cancers among others.
Garlic may also help in the **detoxification of heavy metals** from the body, including lead. The mechanism of action appears to be that garlic protects the membranes of red blood cells against heavy metal ions by chelating the metal ions, allowing them to be excreted from the body.

**External links:**
**GARLIC (ALLICIN)**

**References:**