

Garlic

DESCRIPTION

Garlic supplies 500 mg of garlic in each tablet for cardiovascular health.

FUNCTIONS

Garlic contains a wide spectrum of organic sulfur compounds that are thought to play important roles in health. The most important garlic sulfur compound appears to be allicin. Allicin is formed from the precursor alliin by the enzymatic action of allinase. Allicin and the other organosulfur compounds of garlic can support many functions in the body. For example, a number of clinical studies show that garlic supplements help support healthy cardiovascular function; lipid levels and blood pressure maintenance. Research also shows that garlic supports normal immune function, fungal defense, and possesses antioxidant properties.

INDICATIONS

Garlic may be a useful dietary adjunct for individuals who wish to supplement their diet with this important herb.

FORMULA (#7420)

Each Tablet Contains:

Garlic (bulb) 500 mg
(Allium sativum L.)

SUGGESTED USE

Adults take 1 to 3 tablets daily in divided doses, or as directed by your healthcare professional.

SIDE EFFECTS

Garlic can irritate the GI tract; use with caution in individuals with infectious or inflammatory GI conditions. Garlic can prolong bleeding time and should be discontinued one to two weeks prior to scheduled surgery.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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REFERENCES

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- Lewin G, Popov I. Antioxidant effects of aqueous garlic extract. 2nd communication: Inhibition of the Cu²⁺-initiated oxidation of low density lipoproteins. *Arzneimittelforschung* 1994;44:604-607.
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For more information on Garlic visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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