



Bio-Garlic

Bio-Garlic consists of tablets with highly concentrated, garlic. One tablet contains 300 mg of dried garlic powder, standardized for content of the amino acid aliin. Bio-Garlic is produced in a way that preserves the active ingredients and their enzyme activity from the fresh garlic.

When aliin comes into contact with the enzyme alliinase, the substance allicin is formed which gives garlic its characteristic odor. This process takes place already in your mouth when you chew on fresh garlic.

The Bio-Garlic tablets are coated which means that they do not dissolve in the stomach. Only when the tablets are ingested and fully dissolved in the intestine, the garlic enzyme alliinase is activated and converts the aliin to allicin, hereby reducing the risk of garlic breath significantly. Furthermore the delayed dissolution of the tablet means that the aliin and alliinase content are not broken down and inactivated in the stomach.

Strength

Ingestion of 2-3 tablets of Bio-Garlic per day is equivalent to ½ -1 clove of garlic or 1.8-2.7 g of fresh garlic.

Pregnancy

Bio-Garlic may be used by pregnant and lactating women.



What is garlic?

Garlic (*Allium sativum*) is a bulbous plant originally from Central and South Asia which has been used as food and medicinal herb for thousands of years. Garlic contains a wide variety of active substances in the form of active sulfur compounds, volatile oils, fatty acids, enzymes, amino acids, vitamins and minerals, and more.

Bio-Garlic

Herbal preparation

One tablet contains

Garlic extract 300 mg

Recommended dosage

1 tablet daily, if necessary 2 tablets per day unless otherwise advised.

Do not exceed the recommended daily dosage.

Preferably during / after a meal as a whole take.

Nutritional supplement is no substitute for a varied diet.

For maintaining good health is a healthy lifestyle and a varied and balanced diet is important.

Suitable for vegetarians.

Content

60 tablets = 43 g

Ingredients

Garlic extract (*Allium sativum*), microcrystalline cellulose, acrylic resin No. 3, talc, silica dioxide, polyethylene glycol, magnesium stearate.

Storage

Dark, dry and at room temperature.

Keep out of reach of young children.

The ingredients in this product are not organically grown. The word "Bio" merely relates to the bio-availability or biochemical organic nature of the product

EFSA

Garlic has a long tradition as a folk medicine in many countries. In Europe in recent times The European Food Safety Authority (EFSA) has preliminary approved that garlic:

- Helps maintain the healthy function of the heart and blood vessels
- Contributes to the normal functioning of the immune system
- Contributes to the body's resistance against temporary stress

About heart and blood pressure

When the heart beats, it creates pressure that pushes blood through the blood vessels. The blood pressure is a result of two forces. The first force occurs as blood pumps out of the heart and into the arteries. This is called the systolic blood pressure. The second force is created as the heart rests between heart beats. This is called the diastolic blood pressure. A normal blood pressure will, at rest, lie between 100-140 (systolic) and 60-90 (diastolic).

About the immune function

The immune system consists among other things of the blood, white blood cells, antibodies, and the lymph system. The immune system has also affiliated organs such as the thymus, the spleen and lymph nodes, the tonsils and the appendix.

Our immune system has several functions in the body. One of them is to protect us from harmful micro-organisms such as viruses, bacteria and fungi. Another

of the immune system's tasks is to neutralize abnormal developed cells.

About stress

Stress is changes in our body and brain as a result of stress hormones like adrenaline and cortisol. Stress is triggered by stressful feelings and thoughts. Stress can for example be triggered by relationship problems or work-related problems. It is primarily long-term stress that strains health.



A safe product

Bio-Garlic is a very safe product, and is generally well tolerated. In some cases the odour of garlic may pervade the breath and skin but might be masked with gum, chlorophyll tablets or parsley.

As a precaution, it is recommended not to take garlic preparations 1-2 weeks before an operation. This is due to an anticoagulant effect of garlic.