

# Helps maintain cardiovascular health

- TRADITIONALLY USED TO HELP RELIEVE SYMPTOMS ASSOCIATED WITH UPPER RESPIRATORY TRACT INFECTIONS



**Garlic** is a perennial plant with white, starry flowers and bulb clusters of individual cloves. The plant has been used to protect against infections, lower blood cholesterol and fat levels and help with digestion. Modern research has confirmed these effects. Garlic has been valued for thousands of years for its extraordinary healing properties. Recently, a unique and meticulous way to process the garlic cloves in order to stabilize the active ingredients and to maximize the total allicin potential (TAP) has been developed. The principal active agent in garlic is allicin.

Extreme care must be taken during processing of the cloves to maximize the TAP of garlic. Any bruising of the cloves would result in conversion of the alliin to allicin and loss of the active ingredients. Alliin and allicin are sulphur containing components. The sulphur compounds have antibiotic and antifungal effects. They help stop the liver from making too much cholesterol and reduce clotting tendencies.

It has been used to protect from and fight against infections, colds and flu; as an expectorant to reduce phlegm due to bronchitis, asthma and pneumonia; to protect wounds from infection, treat abscesses and cuts, protect the circulation, lower blood clotting. It lowers blood sugar levels, stimulates and protects the liver and has been used as a digestive tonic for gastritis and dysentery.

There are now over 12 well designed studies published around the world that confirm that garlic in several forms can reduce cholesterol. Most recently researchers in Oxford and America have published some summaries of all the good data on garlic.

#### **Garlic as lipid lowering agent – a meta analysis<sup>(1)</sup>**

The authors state that garlic supplements have an important part to play in the treatment of high cholesterol and that this paper reviews all the published and unpublished data from around the world. Overall a 12% reduction in total cholesterol was shown over a placebo and that this reduction was normally evident after only 4 weeks treatment and that this was likely to persist for as long as the study was in progress. The largest study so far was conducted in Germany where 261 patients from 30 general practices were given either garlic powder tablets or a placebo. After a 12 week treatment period, mean serum cholesterol levels dropped by 12% in the garlic treated group, and triglycerides dropped by 17% compared to the placebo group.

#### **Each vegetable capsule contains:**

Garlic odourless, standardized . . . . .	200 mg
(Providing 2000 mcg of Allicin Potential per capsule)	
Parsley powder . . . . .	200 mg
Fennel seed powder . . . . .	.25 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

#### **Suggested use:**

Take 1 capsule three times daily with water at mealtimes or as directed by your health care practitioner.

**Keep out of reach of children.**

(1) Silagy CS, Neil HAW, 1994, The Journal of the Royal College of Physicians, Vol 28 No 1:39-45.

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