Garlic: A wonder Nutraceutical

Garlic has been used as a food product across the globe for thousand years. It contains more than 200 chemical compounds including volatile oil with sulfur-containing compounds, and “Allicin” is considered to be responsible for most of the health effects of garlic among these compounds. Scholar around the world have proved garlic for its anti-viral, anti-fungal and antibacterial properties against microorganism; moreover, garlic extract possess both curative and preventative properties, and have been used in the treatment of respiratory problems, gastrointestinal problems, high blood pressure, diabetes, and many other diseases.

How to Choose a Good Garlic Supplement?

When taking garlic supplements, it is important to ensure that the product provides a sufficient supply of allicin. For example, if you are taking dried garlic powder, aged garlic extract or distilled garlic oil, these products contain negligible amounts of allicin. The impotence of these products occurs because once alliinase interacts with alliin; it diminishes, completely disappearing in 48 hours making the level of allicin absorbed into your body essentially zero. So before buying a garlic supplement, make sure the label lists its allicin concentration, and not just garlic powder as an ingredient. New Health Garlic Guard uses a patented process to separate alliinase and alliin, so alliinase only converts alliin to allicin when the capsule dissolves in the digestive tract ensuring a high bioavailability of allicin.

Health Benefits of Allicin

Animal studies showed that the proper amounts and ratio of Allicin provides a wide range of health benefits. It exhibits antibacterial, antifungal, antiviral activity, and other additional potent biological effects described below:

Effects of garlic on cardiovascular diseases

The wealth of scientific literature supports the proposal that garlic consumption have significant effects on lowering blood pressure, prevention of atherosclerosis, and reduction of serum cholesterol and triglyceride. Several clinical studies showed that garlic reduced blood pressure in more than 80% of patients suffering from high blood pressure. Allicin can reduce blood pressure by causing smooth muscle relaxation and vasodilation (widening of blood vessels) in the blood vessel wall by activating the production of endothelium-derived relaxation factor.

A study is also shown garlic administration suppressed cholesterol synthesis, which may be one of the protective mechanisms of the beneficial effects of garlic in cardiovascular health. For those with high cholesterol, allicin appears to reduce total and/or LDL cholesterol by 10 to 15%. Garlic is also believed to reduce oxidative stress and LDL oxidation to produce its anti-thrombotic effects.

Powerful Antioxidant activity

Oxidative damage from free radicals contributes to the ageing process. Garlic contains antioxidants that support the body’s protective mechanisms against oxidative damage. Research shows that organosulfur compounds in garlic can stimulate our antioxidant enzymes, such as glutathione, an important intracellular antioxidant, to reduce oxidative stress especially in those with hypertension or hyperlipidemia.

The combined effects of reducing cholesterol, blood pressure, and its powerful antioxidant properties, also makes allicin a candidate to help prevent common brain diseases like Alzheimer’s disease and dementia.

Detoxify Heavy Metals in the Body

At high doses, the sulfur compounds in garlic protect against organ damage from heavy metal toxicity. A four week study at a car battery plant (excessive lead-exposure) found that garlic reduced worker lead levels in the blood by 19%. It also reduced many clinical signs of toxicity, including headaches and blood pressure.

Anti-tumor effect of garlic

Garlic has been found to contain a large number of potent bioactive compounds with anticancer properties, largely allyl-sulfide derivatives. Different garlic derivatives have been reported to modulate an increasing number of molecular mechanisms in carcinogenesis, such as scavenging of free radicals, cell proliferation and differentiation as well as angiogenesis. In many studies, garlic and its constituents have been reported to inhibit the proliferation of tumor cells in liver, colon, prostate, bladder, mammary gland, esophagus, lung, skin and stomach.