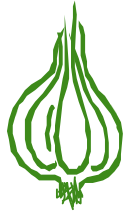


## GARLIC (ODOURLESS)

Garlic is a bulbous herb (*Allium sativum*), the benefits of which have been documented for several thousand years.

The Chinese started using it more than 3000 years ago as did the Ancient Egyptians, Greeks and Romans. Its use was well documented in Middle Age England. Up to the end of last century garlic was the most widely used medicinal plant in the world.



### The Benefits of Garlic

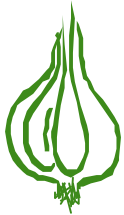
Garlic has been used medicinally for many years for such purposes as treating bites, tumours, wounds, headaches and heart disease and preventing infections such as the common cold.

Evidence to support the beneficial effects of garlic is still being gathered but is as yet not complete.

**Cardiovascular disease** - garlic appears to have beneficial effects on many risk factors responsible for cardiovascular disease.

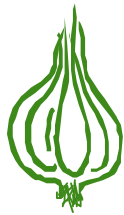
**Antimicrobial** - garlic is currently under investigation with regards to antibacterial, antifungal and antiviral activity but current evidence is still limited.

**Antioxidant** - thought to exhibit antioxidant activity.



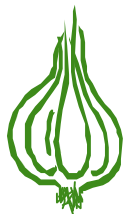
### Properties

The main constituents of garlic include alliin, allicin, diallyl-disulphide and ajoene. However these compounds constitute only a small proportion of the compounds present in crushed, cooked and dried garlic. Many of these components exhibit beneficial effects.



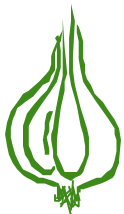
### Contra-indication/Precautions

A very small number of people have been known to exhibit hypersensitivity to garlic.



### Why Choose Natures Aid Odourless Garlic?

Each Natures Aid Odourless Garlic capsule contains 2mg of concentrated odourless garlic extract powder equivalent to approximately one gram of garlic corm without any unpleasant smell or aftertaste.



Natures Aid, St George's Park, Kirkham, PR4 2DQ

*This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.*

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