

Garlic Pro

Powerful Immune and
Cardiovascular Support*

Garlic Pro is formulated using a patented process that produces a 100% yield of pure stabilized allicin extract. The extraction process utilizes heads of fresh, raw garlic that are specifically selected due to their significant enzyme activity. The amino acid alliin is found in fresh garlic and is a precursor of allicin. The extraction process activates the enzyme alliinase, which converts alliin into allicin.¹ Allicin has been widely studied for its numerous beneficial health-promoting properties.*

How Garlic Pro Works

Throughout history, garlic has been used for culinary and health purposes. We now know that the health benefits of garlic stem from its sulfur compounds formed when garlic is crushed, chopped, or chewed. Allicin, an organosulfur compound, is the primary active agent in garlic and is a potent antioxidant that supports the body's natural protective mechanisms.*²

Researchers Cavallito and Bailey (1944) were the first to demonstrate that the powerful antioxidant properties of garlic were mainly due to its allicin content, but allicin is an unstable compound on its own.*^{1,3} However, the Garlic Pro formula contains bioavailable and stabilized allicin due to the patented extraction process which produces a more concentrated form of garlic.* Supplementation with Garlic Pro is the equivalent of eating hundreds of fresh garlic cloves without the odor and aftertaste.*

Various researchers have shown that allicin exhibits a wide spectrum of beneficial health properties.* The bioavailability of Garlic Pro allows the sulfur compounds from garlic to exert biological effects at targeted sites where they are needed most.*⁴ Numerous large, randomized, double-blind, and controlled human clinical trials, as well as animal studies, have proven the beneficial health effects of garlic supplementation, including the following:

Antioxidant effects: Garlic contains antioxidants that support the body's protective mechanisms against oxidative stress and free radical damage.*^{5,6} Research has shown that bioavailable garlic supplements have the potential to promote antioxidant enzymes in humans while also supporting other healthy cellular processes.*⁷

Immune system support: Garlic has been shown to enhance the activity of immune cells, especially those found in the gut microbiome.*⁸ Allicin appears to interact with the signaling pathways involved with healthy gastrointestinal function and promotes healthy inflammatory markers.*⁹



Form: 30 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Allicin Extract (garlic bulb; <i>Allium sativum</i>) (Allisure® AC-23)	360 mg	*

Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Directions:

Take one capsule daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing or taking other medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.

Cardiovascular health: Reviews of randomized and controlled human trials suggest that garlic may help support healthy blood pressure and cholesterol levels already in the normal range.^{♦10,11,12} It's believed that the bioavailability of the allicin compound and S-allylcysteine (a by-product of the conversion process) help promote healthy circulation throughout the body and, thus, support cardiovascular health.^{♦13,14,15}

Detoxification: Research has also shown that the sulfur compounds in garlic can have a beneficial effect on natural detoxification processes in the body.^{♦16}

Respiratory health: Garlic supplementation has been widely studied and scientifically proven in double-blind studies to support upper respiratory health and boost immune function.^{♦17,18}

Athletic performance: Animal studies on garlic supplementation have demonstrated that it may help promote improved exercise capacity and lower exercise-induced fatigue.^{♦19,20}

Bone health: Animal studies also have shown that garlic supplementation may support healthy bones in postmenopausal women by supporting healthy estrogen levels.^{♦21,22}

Garlic Pro Supplementation

Garlic Pro is an excellent way to support the body's natural defense systems with a bioavailable and odorless allicin product.[♦] The patented process delivers pure, stabilized allicin that can withstand stomach acid and keep the breath clean and fresh.[♦] Supplementation with Garlic Pro may include these additional benefits:

- Enhances immune system function[♦]
- Promotes respiratory health[♦]
- Supports cardiovascular health[♦]
- Supports detoxification processes[♦]
- Rich in antioxidants[♦]
- Supports bone health[♦]
- Promotes athletic performance[♦]

References:

1. Borlinghaus J, Albrecht F, Gruhlke MC, et al. *Molecules*. 2014;19(8):12591-12618.
2. Rivlin RS. *J Nutr*. 2001;131(3s):951S-4S.
3. Cavallito C & Bailey JH. *J Am Chem Soc*. 1944;66(11):1950-1951.
4. Rahman MS. *Int J Food Prop*. 2007;10(2):245-268.
5. Amagase H, Petesch BL, Matsuura H, et al. *J Nutr*. 2001;131(3s):955S-62S.
6. Ried K. *J Nutr*. 2016;146(2):389S-396S.
7. Avci A, Atli T, Ergüder IB, et al. *Gerontology*. 2008;54(3):173-176.
8. Panyod S, Wu WK, Chen PC, et al. *npj Biofilms Microbiomes*. 2022;8(4).
9. Colín-González AL & Santamaría A. *Acad Press*. 2017:275-288.
10. Ried K, Toben C, Fakler P. *Nutr Rev*. 2013;71(5):282-99.
11. Schwingshackl L, Missbach B, Hoffmann G. *Phytomedicine*. 2016;23(11):1127-1133.
12. Ried K. *Exp Ther Med*. 2020;19(2):1472-1478.
13. Sobenin IA, Andrianova IV, Demidova ON, et al. *J Atheroscler Thromb*. 2008;15(6):334-338.
14. Ried K, Frank OR, Stocks NP. *Maturitas*. 2010;67(2):144-150.
15. Stevinson C, Pittler MH, Ernst E. *Ann Intern Med*. 2000;133(6):420-429.
16. Kianoush S, Balali-Mood M, Mousavi SR, et al. *Basic Clin Pharmacol Toxicol*. 2012;110(5):476-481.
17. Nantz MP, Rowe CA, Muller CE, et al. *Clin Nutr*. 2012;31(3):337-344.
18. Josling P. *Adv Ther*. 2001;18(4):189-193.
19. Hwang KA, Hwang YJ, Hwang IG, et al. *J Med Food*. 2019;22(9):944-951.
20. Verma SK, Rajeevan V, Jain P, Bordia A. *Indian J Physiol Pharmacol*. 2005;49(1):115-118.
21. Mukherjee M, Das AS, Das D, et al. *Phytother Res*. 2006;20(5):408-415.
22. Mukherjee M, Das AS, Das D, et al. *Phytother Res*. 2007;21(11):1045-1054.