

Garlic Complex

Unique combination to support antioxidant defenses, as well as cardiovascular and immune health[†]

INDICATIONS

- Ages 18 and up
- Antioxidant support[†]
- Cardiovascular and immune health support[†]

BENEFITS

- Promotes antioxidant defenses, healthy gut ecology and immune health[†]
- Supports cardiovascular and cellular function[†]

FEATURES

- Unique combination of garlic and aged fermented black garlic extract with enhanced stability
- Standardized for S-allyl-cysteine
- Mild odor and taste compared to fresh garlic / garlic extracts
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Garlic Complex provides a unique combination of aged fermented black garlic extract and garlic extract. This combination offers cardiovascular and immune support properties, while also reducing the odor and sharp taste typically associated with raw garlic and garlic extracts. The health-promoting effects of garlic are derived from its sulfur-containing compounds, including allicin and S-allylcysteine (SAC). The fermentation and aging process utilized in the production of black garlic increases the levels of SAC and other bioactive compounds, including phenols and flavonoids. These compounds act as antioxidants in the body to protect tissues and support cellular function.¹ Animal and cell studies suggest that the cardiometabolic effects from aged black garlic are due primarily to antioxidant and cytokine balance support, stemming partly from alterations in gene expression.^{2,3} In a randomized, double-blind trial involving 60 adults, 12 weeks of supplementation with 6 grams of aged black garlic revealed support for healthy lipid metabolism.⁴

Standard garlic extract is included to promote broad-spectrum cardiovascular health, including support for healthy blood flow and platelet function,

healthy lipid metabolism, and healthy arterial function.⁵ Garlic has also demonstrated support for maintaining a healthy gut ecology and promoting healthy immune system function.^{6†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Garlic extract and aged garlic extract are derived from *Allium sativum* L. bulb.
- Hypoallergenic plant fiber is derived from pine cellulose.

NOTES

Size 00 caps

Bottle count 120

Order code GRC1

Bottle size 290 cc

REFERENCES

1. Budoff MJ, et al. *Prev Med.* 2004 Nov;39(5):985-91.
2. Kim DG, et al. *Phytother Res.* 2017 Jan;31(1):53-61.
3. Lee YM, et al. *Nutr Res Pract.* 2009 Summer;3(2):156-61.
4. Jung ES, et al. *Nutrition.* 2014 Sep;30(9):1034-9.
5. Steiner M, et al. *J Nutr.* 2001 Mar;131(3s):980S-4S.
6. Nantz MP, et al. *Clin Nutr.* 2012 Jun;31(3):337-44.

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SUPPLEMENT FACT

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Aged fermented black garlic (*Allium sativum*) extract (bulb) 600 mg
(standardized to contain 0.1% S-Allyl cysteine)

Garlic (*Allium sativum*) extract (bulb) 400 mg
(standardized to contain 2,000 mcg/g allicin yield)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

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Garlic Complex	Quantity	Order Code
	120	GRC1

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†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.

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