



## Name Power Garlic

### Caps

Code	Size	Duration
C31-54	54 Capsules	Usually lasts 18 days
C31-100	100 Capsules	Usually lasts 33 days
C31-200	200 Capsules	Usually lasts 65 days

### Area concerned

Blood circulation and arteries, immune system, lungs, catarrh.

### Ingredients

325mg odour-controlled garlic minimum per capsule.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. **Power Garlic Capsules** can also be taken as a general health supplement say, on alternate months, in a similar way to **Super Spirulina**, **Wheat Grass Capsules** or **Powder** or **Cayenne Capsules**.

### Cautions

Do not use if taking blood thinning drugs such as Warfarin.

### Companion Products

90-day Heart and Circulation Programme; 90-day Immune Programme; 90-day Lung Programme; Calendula Drops; Cat's Claw Capsules or Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Min/Vit Capsules; Pau d'Arco Capsules, Drops or Tea; Super Spirulina Tablets.

### Description

An excellent high-potency, odour-controlled garlic. Each capsule contains the equivalent of a whole clove of garlic, giving it very strong properties. **Power Garlic Capsules** are certified as producing 1500 parts per million (a good level) of allicin. That this can be done, and a low aroma garlic product still be produced, (it is the Allicin that smells, and is the main active ingredient), is due to the patented method of production, which is as follows.

The enzyme allinase - which catalyses the conversion of alliin to allicin - is removed from the garlic, which is then subjected to an evaporative 'cool-drying' process, which would otherwise destroy the enzyme. The enzyme is then added back to the garlic, in such a way that the production of allicin (which quickly breaks down) is discouraged. The result is that, once in the body, the beneficial allicin is still produced but over a longer period of time, and the 'after-aroma' - ie the odour coming from the breath and pores of some garlic users - is greatly reduced.

It can be interesting to compare the level of allicin which **Power Garlic Capsules** give, with the levels of any other low-aroma garlic products on the market; generally no aroma = no allicin = no (or little) effect. In addition, the lack of any additives or fillers make **Power Garlic Capsules** very rare in the market, at least in the UK. Many other garlic products contain additives and/or contain a relatively low level of garlic or 'garlic oil'. Garlic has blood cleansing effects.

It also has been found to be very beneficial in helping to maintain the function of the lymphatic system. Garlic has the ability to support the vital force of the cells, and the body.

As part of a healthy diet and lifestyle, studies indicate that garlic can help maintain a good cholesterol balance of the body.

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