

## Garlic Pro

Powerful Immune and  
Cardiovascular Support\*

### Garlic Pro Supplementation

Garlic Pro contains pure stabilized allicin extract, which has been widely studied for its numerous beneficial health-promoting properties due to its potent antioxidant support.\* 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 then converts alliin into allicin.<sup>1</sup>

Garlic Pro is an excellent way to support the body's natural defense systems with a bioavailable and odorless allicin product.\* The formula delivers pure, stabilized allicin that can withstand stomach acid and keep your breath clean and fresh.\*

Benefits of supplementing with Garlic Pro may include:

- Enhances immune system function\*
- Promotes respiratory health\*
- Supports cardiovascular health\*
- Rich in antioxidants\*
- Supports bone health\*
- Promotes athletic performance\*

### 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 a potent antioxidant that supports the body's natural protective mechanisms.\*<sup>2</sup> 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.\*<sup>1,3</sup> However, the Garlic Pro formula contains a more bioavailable, concentrated, and stabilized allicin produced from garlic.\* Supplementation with Garlic Pro is the equivalent of eating hundreds of fresh garlic cloves without the odor and aftertaste.\*

Various researchers have since 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.\*<sup>4</sup>



## How Garlic Pro Works Continued

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.<sup>♦5,6</sup> Research has shown that bioavailable garlic supplements have the potential to promote antioxidant enzymes in humans while also supporting other healthy cellular processes.<sup>♦7</sup>

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

**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.<sup>♦10,11,12</sup> It's believed that the bioavailability of the allicin compound and S-allylcysteine help promote healthy circulation throughout the body, and thus, support cardiovascular health.<sup>♦13,14,15</sup>

**Detoxification:** Research has also shown that the sulfur compounds in garlic can have a beneficial effect on natural detoxification processes in the body.<sup>♦16</sup>

**Respiratory health:** Garlic supplementation has been widely studied and scientifically proven in double-blind studies to support upper respiratory health and boost immune function.<sup>♦17,18</sup>

**Athletic performance:** Animal studies on garlic supplementation have demonstrated that it may help promote improved exercise capacity and lower exercise-induced fatigue.<sup>♦19,20</sup>

**Bone health:** Animal studies also have shown that garlic supplementation may support healthy bones in postmenopausal women by promoting healthy estrogen levels.<sup>♦21,22</sup>

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

Ingredients:	Amount	%DV*
Allicin Extract (garlic bulb; <i>Allium sativum</i> ) (yielding 6,000 mcg of allicin)	327.5 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 medication, consult your healthcare practitioner before use. Keep out of reach of children.

### 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. Colin-González AL & Santamaria 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. Yudhistira B, Punthi F, Lin JA, et al. *Compr Rev Food Sci Food Saf*. 2022;21(3):2665-2687.
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.

\* 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.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)