

# Garlic *Organically Grown*

4475

Please Copy for Your Patients

## Garlic Provides Powerful Health-Giving Benefits

Garlic has been recognized as a spice, a food, and an herbal folk remedy around the world for centuries. Sometimes called the four-thousand-year-old health food, garlic has been used for a variety of health conditions. Modern science is now proving what folklore has known intuitively. Today, hundreds of scientific studies report the powerful health-giving benefits of garlic. Garlic can help maintain a healthy heart and circulatory system and also has tremendous value as an antioxidant that can protect the body against free radicals.†

## How Garlic Keeps You Healthy

### Maintains a healthy heart

Garlic and garlic supplements can help promote a healthy heart in several important ways. In conjunction with a healthy diet and exercise, it can help maintain normal cholesterol and triglyceride levels in individuals with healthy levels. Garlic is also beneficial in maintaining a healthy flow of blood through the circulatory system.†

### Protects against free radicals

Garlic is a powerful protector against damage from free radicals—the highly unstable oxygen molecules that damage body tissues and may be responsible for many effects of aging.†



**Introduced in:**

1998

**Content:**

90 Capsules

### Supplement Facts:

Serving Size: 1 capsule  
Servings per Container: 90

|                |        | %DV |
|----------------|--------|-----|
| Calories       | 2      |     |
| Garlic (Bulb)  | 550 mg |     |
| Parsley (Leaf) | 30 mg  |     |

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## What Makes Garlic Unique

### Unique Product Attributes

**This is a vegetarian product**

**Each capsule supplies the equivalent of one organically-grown clove of whole garlic**

- Garlic contains sulfur-containing compounds (alliin, allinase, and allicin), trace, and micronutrients
- All the benefits of garlic in a convenient form

### Unique Processing

**Not disassociated into isolated components**

- The nutrients in Garlic are processed to remain intact, complete nutritional compounds

**Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products**

- Ensures consistent quality and safety

**Vitamin and mineral analyses validate product content and specifications**

- Assures high-quality essential nutrients are delivered

### **Whole Food Philosophy**

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

*Each capsule supplies garlic (organically grown) equivalent to one clove of whole garlic.*

**Other Ingredients:** Gelatin, water, colors, and calcium stearate.

**Suggested Use:** One capsule per day, or as directed.

**Sold to health care professionals.**

**Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Garlic.**

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