

# Amazing Health Benefits Derived from Many Components of Whole Garlic

## Garlic...It Does Your Heart Good

Garlic has been shown to lower both cholesterol and triglycerides, the main contributing factors to arteriosclerosis. It not only lowers blood levels of low density lipoprotein (LDL), but can raise concentrations of high-density lipoprotein (HDL), the molecules that remove LDL from the body.<sup>(2)</sup>

Whole Garlic has been shown to improve cardiovascular health in several ways:

- In laboratory tests the majority of subjects taking garlic supplements showed an initial rise in blood lipid levels before a decrease was seen. This suggests mobilization of lipids from tissue deposits to extracellular fluids.<sup>(3)</sup> Liver levels of cholesterol and triglycerides in rats given garlic extract decreased while blood levels increased.<sup>(4)</sup>
- Garlic is rich in selenium, a trace mineral essential for maintaining the natural pacemaker system of the heart.<sup>(5)</sup>
- Garlic effectively lowers blood pressure by increasing monoamine oxidase enzymes of the adrenal gland.

## Effective against Candida & Other Pathogenic Organisms

Concentrated garlic has been shown more effective than the drug Nystatin in several studies of pathogenic yeasts, particularly in complications from candidiasis.<sup>(8)</sup>

The natural oxidizing compound allicin, exerts suppressive effects on these pathogenic fungi by inactivating sulfur-containing proteins and enzymes and by decreasing the yeast-to-mycelial conversion. No clinical strains of *Candida albicans* have been shown to develop significant resistance to garlic.<sup>(8)</sup>

In laboratory tests, garlic has been shown to inhibit the growth of microorganisms such as *Staphylococcus aureus*, *Streptococcus viridans*, *S. haemolyticus*, *Klebsiella pneumoniae*, *Proteus vulgaris*, *Escherichia coli* and *Salmonella enteritidis*. Testing has also shown these bacteria to be resistant to 8 of 11 commonly used antibiotics, including penicillin.<sup>(6)</sup>

## Rich in Sulfhydryl Compounds

The sulfhydryl compounds and their precursors found richly in garlic have been indicated in preventing and treating a number of conditions including:

- Detoxification and removal of toxic pollutants such as lead and mercury.
- Protects the body from damage by oxidation and free radicals, thus from inflammation caused by

## GARLIC - 500 mg.

### Odorless Whole Garlic Capsule

Product No. 854

Fill Size: 100 Capsules

**Each capsule contains** 500 mg. of pure, raw, odorless garlic (*Allium sativum*) powder with nothing added or extracted from raw garlic except the moisture. All of the allicin, amino acids, selenium, germanium and other natural ingredients you expect from raw garlic and more...500 mg. of Progressive Laboratories' Garlic is equal to 1250 mg. of raw garlic because the moisture has been removed. No other garlic distributed exclusively to the licensed health care professional can make that statement.

Other ingredients: gelatin

**Hypoallergenic:** Contains no preservatives, chemicals, soybean oil, citrus, yeast, lactose, corn, wheat, rice, sugar, eggs, dairy or animal products.

**SUGGESTED USE:** Two to four capsules daily with meals, or more, as directed by a doctor.

- Blood clots are composed primarily of fibrin and platelets. Recent studies have shown ajoene, a compound found in garlic, to be responsible for its ability to effectively reduce platelet aggregation. Garlic has also been found to reduce fibrin formation and to enhance fibrin degradation.<sup>(1)</sup>

free radicals in auto-immune diseases such as rheumatoid arthritis. (Organic germanium, selenium and vitamin C are also important antioxidants found in garlic.)<sup>(5,9)</sup>

- Stimulates immune cell production and activity. (Garlic's germanium content also contributes to its immune system enhancement.)<sup>(9)</sup>
- Garlic has been successfully used to inhibit tumor growth in cancers of the nose, throat, lymph and bladder.<sup>(1)</sup>

WARNING: This information is provided for the health professionals only. This publication and the product contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the product contained herein are not intended to diagnose, treat, cure or prevent any disease. The product relates to nutritional support only.

## REFERENCES

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# The Search for a Better Garlic Product

A Comparison of Garlic Processing and Potency...Why Progressive Labs Prefers Cool Drying

Many of the properties ascribed to garlic in folklore and ancient history have now been confirmed by scientific analysis. Using scientific methods, researchers have isolated over 33 different sulfur compounds alone in garlic. In addition, peptides and amino acids such as methionine, leucine and phenylalanine have been elucidated; as well as a variety of vitamins and minerals such as vitamin C, organic germanium and selenium, all of which are important antioxidants. Recently a great deal of controversy has arisen over allicin, the substance that gives garlic its pungent odor. Although allicin itself is not formed until allicin, an amino acid substrate, combines with allinase, an enzyme, this process ultimately takes place when raw garlic is cut, processed or consumed. Everyone agrees, of course, that the odor of allicin is undesirable, but is the allicin itself (a) the most important constituent of whole garlic, (b) responsible for some of the beneficial effects of garlic, (c) of no value and should be removed to eliminate garlic's odor, (d) a toxic compound that should not be consumed?

A review of garlic research indicates that allicin is an important component of garlic, especially in the control of bacteria and fungi. We found that garlic is the only known source of natural allicin. So in an effort to put the most garlic in our garlic, Progressive Labs studied all of the processing/deodorizing methods currently being used. Below is a summary of what we found.

## Cool Drying Process

Progressive Laboratories' Garlic is processed using a patented and proprietary method called "cool drying". This evaporative cooling technique subjects raw garlic to much lower and more precise temperatures for a much shorter period of time (no more than 30 minutes). The process insures that you receive 100% pure garlic without garlic's after-odor. Due to its dry powder form, 500 mg. of Progressive Labs garlic is equal to 1250 mg. of raw garlic. No other garlic distributed exclusively to the licensed health care professional can make that statement.

The purpose of the Progressive Labs process is to keep the garlic from reaching temperatures that would reduce its allicin content (essential to the formation of allicin) or destroy garlic's other natural ingredients, while preventing the enzyme allinase from immediately joining with allicin to form allicin. Subsequent to drying, the enzyme allinase is reintroduced into the product in a manner that delays the allicin and the allinase from immediately joining to form allicin. The delayed joining of allicin and allinase naturally dissipates allicin's immediate odor potency by spreading it out over a longer period of time. The result is not garlic with no odor, but garlic with no after-odor through the mouth or body when ingested.

Progressive Labs Garlic contains no preservatives, chemicals, soybean oil, citrus, yeast, lactose, corn, wheat, rice, sugar, eggs, dairy or animal products and is sodium free. No fillers or flow agents have been added. This makes Progressive Labs Garlic a truly hypoallergenic garlic product.

## Japanese Aging Process

This method uses a liquid garlic extract, preserved with alcohol and aged for up to 20 months to achieve a "deodorized" garlic supplement. Although this method purportedly retains garlic's beneficial vitamins, amino acids, sulfhydryl compounds and trace elements, the allicin is removed along with the odor.

These companies have at times advertised their products as "allicin-free" and at other times as "by

analysis, highest allicin content available." They have distributed literature stating, "...allicin is the main component of garlic, possessing a broad-spectrum activity which is bactericidal, fungicidal and larvicidal." The same companies have also distributed literature stating, "Allicin is not a stable, continuing component in whole garlic products and is not a healthful substance."

Independent testing has shown these products to be 2700% higher in sodium than raw garlic. In addition, the maximum potency offered by companies using this method is only 350 mg. per capsule.

## Addition of Soybean Oil and Citrus Extract

These additives are used to modify garlic's odor. Depending upon the process and the product, they can make up as much as 90% of the end product. None of the manufacturers using this type process lists the actual citrus or soybean oil content of their products. Determining the actual garlic content in this type of product can be very tricky.

One such product may list capsule content only...for example... "Odor Modified Garlic 500 mg. Capsules", with no reference to the amount or percentage of garlic it contains.

Another label may claim, "500 mg. garlic from whole garlic clove." This is more specific; however, it should be recognized as the equivalent of 500 mg. of raw garlic. The actual garlic potency of products processed in this manner would be less than half that of 500 mg. garlic products from which the moisture has been removed.

Soybean oil and citrus extract additives contribute little beyond odor modification and have caused allergic reactions in some sensitive patients. They may also add more than 50% fat to the product.

## High Heat Processing

This customary method uses high heat for extended periods of time (24 to 36 hours) to remove the moisture and give you a highly concentrated garlic supplement. Unfortunately, however, the high temperatures cause the allicin as well as many of garlic's other important nutrients to be lost in the process.