

UNIQUE, HIGH POTENCY ALLICIN & S-ALLYL CYSTEINE COMPLEX

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Garlic Extract (bulb) (<i>Allium sativum</i>) (3:1 extract, 1% allicin)	800 mg	**
Black Fermented Garlic powder extract (yielding 1.2 mg S-allyl cysteine)	220 mg	**

** Daily Value not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate. **Does not contain gluten.**

SUGGESTED USE: 2 CAPSULES PER DAY, PREFERABLY IN DIVIDED DOSES, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

- Synergistic blend of Garlic Extract & Black Fermented Garlic.*
- High potency support for a healthy cardiovascular system, healthy metabolic & immune function, and antimicrobial activity.*
- Standardized and researched levels of *allicin* & *S-allyl cysteine*.*

Garlic is rich in organosulfur compounds researched to exert a wide range of health beneficial effects. **Garlic Select™** contains standardized levels of two of these compounds from two distinct sources: *allicin* from concentrated Garlic Extract, and *S-allyl cysteine* from Black Fermented Garlic. As the first supplement to provide these two garlic forms in one product, **Garlic Select™** offers unique, synergistic support for the cardiovascular, metabolic, antimicrobial and immune system benefits for which garlic is known.

GARLIC has been consumed as both food and medicine since ancient times. Modern scientific studies support traditional findings that garlic and its antioxidant organosulfur compounds exert numerous positive physiological effects. These researched benefits include: helping to maintain cholesterol levels within the normal range, helping to support healthy blood pressure and healthy blood clotting, helping to support healthy immune resistance and providing antiviral, antibacterial and antimutagenic activity. Garlic also has been shown to help maintain healthy blood sugar and fasting blood glucose levels within the normal range.

The sulfur-containing antioxidant compounds in garlic have been the subject of much research. Chief among these are fat soluble *allicin* and water soluble *gamma-glutamylcysteine*. Allicin is formed from *alliin*, a precursor molecule contained in fresh, raw garlic. The conversion of *alliin* to *allicin* is catalyzed by the enzyme *alliinase*, which is released within 60 seconds of raw garlic being chewed, crushed or chopped prior to cooking. Gamma-glutamylcysteine, also contained in raw garlic, converts into bioactive *S-allyl cysteine* after ingestion, or when garlic is aged or fermented. The different types of garlic supplements in use today generally provide a single, primary type of organosulfur compound. However, **Garlic Select™** contains two distinctly formed types of garlic extract, making it uniquely capable of providing benefits from both *allicin* and *S-allyl cysteine*.

GARLIC EXTRACT (3:1) is a triple concentrated aqueous extract of fresh garlic, standardized to provide 1% TAP (total allicin potential). **Garlic Select™** is verified to contain 800 mcg of sulfur-rich *allicin* per 2 capsule serving. Allicin has been found to exhibit antiviral and antimicrobial activity against a wide range of organisms including yeasts and fungi (notably *Candida albicans*), intestinal parasites such as *Giardia lamblia* and *Entamoeba histolytica*, and numerous Gram-negative and Gram-positive bacteria including species of *Staphylococcus*, *Streptococcus* and *Escherichia coli*.

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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.

Allicin, provided at standardized levels in Garlic Extract (3:1), is also well known for its anti-inflammatory and antioxidant properties. Allicin has been shown to protect cells and tissues throughout the body, notably all types of muscle tissue. In intestinal epithelial cells, allicin was found to inhibit the secretion of pro-inflammatory cytokines in vitro. In a placebo-controlled, double blind study conducted in trained athletes, allicin was found to reduce exercise-induced muscle damage and soreness, and to increase total antioxidative capacity at rest.

Allicin also has been shown to protect vascular smooth muscle and cardiac muscle via a number of proposed mechanisms which may contribute to the observed beneficial effects of garlic on cardiovascular health, such as improved serum lipid values. In a 2005 placebo-controlled study of patients with issues of blood sugar and lipid dysregulation, subjects took either garlic extract capsules providing 800 mcg allicin per day, or placebo. After 12 weeks, those taking garlic exhibited significant improvements to blood lipids compared to those taking placebo. Specifically, subjects who took garlic extract experienced significant reductions in serum LDL and total cholesterol, and a moderate increase in HDL cholesterol. **Garlic Select™** was formulated to contain the identical amount of allicin per capsule as the garlic supplement used in the 2005 study.

BLACK FERMENTED GARLIC is obtained from fresh garlic which is fermented for 30-60 days at controlled high temperatures (140°F-170°F) under controlled high humidity (80–90% RH). This non-microbial, enzymatic aging process reduces the pungent taste and odor of fresh garlic and yields a high concentration of enhanced bioactivity garlic compounds, notably sulfur-containing antioxidants, flavonoids and alkaloids. Fermentation also converts much of the alliin in fresh garlic into water soluble S-allyl cysteine (SAC). Compared to fat soluble allicin, SAC is a more stable compound that is more quickly and easily absorbed into the body. SAC also assists in the absorption of allicin. Other bioactive compounds in black fermented garlic include the water soluble compound *S-allyl mercaptocysteine*, lipid soluble *diallyl sulfides* and *triallyl sulfides*, polyphenols such as *allixin* and the antioxidant mineral selenium.

Aged black garlic extract exhibits potent free-radical scavenging and anti-inflammatory properties. It has been shown to inhibit the expression of TNF-alpha in vitro. Black fermented garlic exhibited stronger antioxidant activity than fresh garlic in an animal model of type 2 diabetes, and has been shown to support cardiovascular health in humans. In a controlled trial of patients with blood pressure problems, a daily intake of black fermented garlic providing 1.2 mg of S-allyl cysteine effectively helped support healthy peripheral and central blood pressure, and was suggested to improve other markers of cardiovascular health in a large proportion of subjects. **Garlic Select™** was formulated to provide the same amount of S-allyl cysteine used in this study: 1.2 mg per day.

REFERENCES

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