



# GARLIC EC™



- High-potency garlic tablet with guaranteed quality
- Contains an enteric coating (EC) to maximize bioavailability of active constituents and prevent garlic odor
- Provides a broad spectrum of benefits, including healthy cardiovascular, immune, and respiratory functions\*

Garlic is one of the most healthful and beneficial natural supplements known today. Among other advantages, garlic helps to maintain healthy blood pressure, serum cholesterol, and triglyceride levels,\* providing they are normal to begin with. Garlic has also been shown to enhance the immune system by promoting the formation of natural killer cells.\*

While garlic is very nutritious when eaten raw, it can be irritating and unpleasant to consume in large quantities. That's why USANA developed GARLIC EC™ with an enteric coating (EC) that prevents stomach irritation and guarantees the full benefits of garlic's active compounds.

Today's nutritional market offers several garlic products, but many provide only limited benefits. With many such products, the stomach's acidic environment neutralizes the active compounds before the body has a chance to absorb them. GARLIC EC, with its enteric coating, is designed to remain intact until it reaches the small intestine. There the tablet coating dissolves, releasing the active compounds to be absorbed by the large surface area of the small intestine. The result is maximum bioavailability, with minimal garlic odor or aftertaste.

## GARLIC'S MANY HEALTH BENEFITS

Garlic is a member of the allium plant family, which includes onions, shallots, and leeks. These plants contain sulfur-rich derivatives of the amino acid cysteine, many of which are thought to have health benefits. More than two dozen beneficial sulfur compounds have been identified in garlic.

Garlic offers a wide range of health benefits, including:

- Maintaining healthy blood vessels
- Maintaining healthy blood lipid and cholesterol levels<sup>1,2\*</sup>, providing they are healthy to begin with
- Helping the cardiovascular system maintain healthy blood pressure levels<sup>3,4,5\*</sup>, providing they are healthy to begin with
- Supporting healthy coagulation function<sup>6\*</sup>
- Inhibiting formation of free radicals by supporting the body's free-radical scavenger mechanism, and by protecting low density lipoproteins (LDL) against oxidation<sup>7\*</sup>
- Increasing natural killer-cell activity and interleukin-2 production, providing support for the immune system<sup>8\*</sup>

When raw garlic is cut or crushed, the enzyme allinase interacts with the cysteine compound alliin to produce allicin (s-allyl-L-cysteine sulfoxide). Allicin is believed to be the most important compound in garlic. Once produced, allicin usually breaks down in a few hours at room temperature or after 20 minutes of cooking. GARLIC EC contains standardized alliin and guarantees a full 6,000 µg of allicin after ingesting.

## WHY GARLIC EC™?

GARLIC EC provides you with the full benefits of garlic in a high-quality, highly bioavailable form. GARLIC EC tablets are manufactured from freeze-dried fresh garlic, rapidly processed before allinase can begin to transform the alliin. The shell of the tablet is an enteric coating that protects the garlic during packaging and storage, and prevents stomach acid from breaking it down before it can be absorbed. After GARLIC EC enters the small intestine, the enteric coating dissolves; the allinase then converts alliin to allicin, which is directly absorbed.

GARLIC EC is laboratory tested, quality guaranteed. Meets USP specifications for potency, uniformity, and disintegration where applicable.

Garlic is generally considered safe, with no known drug interactions. Because GARLIC EC produces allicin only after ingestion, you won't experience garlic odor or taste.

\* 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.

## References

1. Sainani, GS, et al., 1976. *Lancet*, 2:575-76.
2. Sainani, GS, et al., 1979. *Indian J. Med. Res.* 69:776-80.
3. Srinivasan, V. 1969. *Lancet* 2:800.
4. Rashid, A., and Khan, HH. 1985. *J. Pak. Med. Assoc.* 35:357-62.
5. Rao, HTR, et al., 1981. *Indian J. Physio. Pharmacol.* 25:303.
6. Roser, D. 1990. *Lancet*, 335:114-15.
7. Jacob, R, et al., 1994. *Pharm. Pharmacol. Lett.* 3:124-27.
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Take one (1) or two (2) GARLIC EC tablets daily.

## Supplement Facts

Serving Size 1 Tablet

	AMOUNT PER TABLET	%DV*
GARLIC POWDER (STANDARDIZED TO 6,000 µg ALLICIN YIELD)	650 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

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