

# Product Details

## Main Product Menu

### Garlic

Garlic contains sulfur compounds (particularly alliin) and other compounds. This product is standardized to contain 5.7 mg of stabilized alliin per tablet to ensure optimal strength and quality.

#### Indications

- Helps prevent cold symptoms
- Helps maintain normal healthy blood pressure, healthy blood lipid levels and circulation

#### Contraindications and Cautions

Consult a health care practitioner if you are taking antiplatelet drugs, warfarin, EPA in fish oils, cholesterol-lowering medication, HIV protease inhibitors such as saquinavir. Consult a health care practitioner prior to use if you have a blood-clotting disorder or diabetes. Do not take if you have pemphigus. Do not take if you are pregnant or breastfeeding. Garlic intake should be discontinued 10 days before surgery.

Each tablet contains:	
<i>Allium sativum</i> (Garlic) extract equivalent to bulb containing alliin 4.3 mg	1.04 g
<i>Allium sativum</i> (Garlic) dry bulb powder containing alliin 1.4 mg	100 mg
(Combined equivalent fresh bulb approx. 5.0 g total alliin 5.7 mg)	

#### Dosage and Administration

**Adults:** 1 tablet 1 to 2 times daily

**Children 6-12 years:** 1 tablet daily

Enteric coated tablets. (Take tablet whole, do not break or crush.)

#### Additional Therapy

- **Slippery Elm 400mg** capsules
- **Echinacea Premium** tablets or 1:2 liquid extract
- **Andrographis Complex** tablets
- **Hawthorn 1:2** liquid extract

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### Garlic Quality Issues

Alliin (an odourless amino acid) is naturally found in garlic cloves but is rapidly converted to allicin (a strong smelling volatile sulfide) when exposed to the enzyme alliinase in the presence of water or when the garlic clove is crushed – as shown below by the absence of the alliin peak in the HPLC trace on the right hand side. Allicin is rather unstable and is the precursor to a range of sulfur containing compounds including, diallylsulfides, ajoenes and vinylthiols. It is important that quality products take this enzymatic process into account since the strongest published evidence to date is for garlic preparations standardized this way. Therefore alliin must be present together with the correct amount of alliinase in the tablet to allow full conversion to allicin. Furthermore, because stomach acid can degrade the activity of alliinase, quality products should be enterically coated to protect the enzyme. That is why all MediHerb Garlic tablets are enterically coated and tested not only for the level of alliin but for its conversion into allicin, "its allicin releasing ability".

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#### Available from

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