

BLACK GARLIC and Atherosclerosis.... **(Plaque)**

Several clinical reports, including meta-analyses, have revealed cholesterol-lowering effects of **Black Garlic** supplementation in humans. Such reports have strongly affected public awareness of the cholesterol-lowering effect of **Black Garlic**. Recent studies of **BLACK GARLIC** have shown it to be a modulator of multiple cardiovascular risk factors such as blood pressure, platelet aggregation and adhesion, total cholesterol, LDL, HDL, LDL oxidation, smoking-caused oxidative damages, and directly suppressed atherosclerosis. In addition **Black Garlic** has been demonstrated to improve endothelial function, inhibit endothelial cell damage, and transform smooth muscle cells. This suggests that **Black Garlic** may have an effect on controlling arterial function through inhibiting the damage of nitric oxide synthesis. Thus, Black Garlic has been postulated to impart cardiovascular benefits through multiple mechanisms.

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Disease Protection

We have all been told about the antioxidants in garlic but researchers have found that **BLACK GARLIC** contains twice the antioxidant properties. These antioxidants are the protectors of the cells from disease and may slow down the aging process. Studies are being conducted to find out how effective black garlic is at battling chronic disease. Researchers believe that the high levels of antioxidants will offer protection to the free radicals that cause the damage. Free radicals damage the cells and help cause heart disease, rheumatoid arthritis, Alzheimer's and other chronic diseases.