

Mareeba BLACK GARLIC may help to lower Cholesterol:

Recent studies have found that black garlic is an excellent way to lower LDL cholesterol which is the bad cholesterol.

Lowering LDL is essential to reduce the risk of heart disease, stroke, and premature death.

The compound S-allylcysteine, a natural component of fresh garlic and a derivative of the amino acid cysteine, was found in much greater concentrations in black garlic.

One study found that participants who took black garlic extract daily for 3 months increased their good cholesterol while significantly lowering their LDL.

The all protein B in the blood lipids was lowered which is a strong indicator of lowering of heart disease risk.

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Mareeba BLACK GARLIC Contains Vitamins and other nutrients

Black garlic contains allicin which is the compound that is responsible for garlic's health benefits but contains **30 times less of S-allyl-cysteine** which can be **toxic** in large amounts.

Research has found that a person can eat more black garlic with no real side effects.

Black garlic contains phosphorous which helps to build strong bones and teeth, facilitate nerve conduction, filter out waste in kidneys as well as other functions.

Researchers have found that black garlic contains other vitamins and minerals such as magnesium, calcium, selenium and the Vitamins B-6 and C.