

Mareeba Black Garlic Can Help Lower Severity of Allergies

Allergies are related to immunoglobulin E (IgE) antibodies and mast cells that all contribute to promoting long-term inflammation. Specifically, a type I allergy response is activated by the IgE receptor that is on the outside surface of immune cells.

A cell study testing a 2 mg/mL treatment of black garlic resulted in the decrease of the inflammatory enzymes (β -hexosaminidase and TNF- α). This prevented an allergic response.

In another study, 50 μ g/mL of black garlic **inhibited key allergy-promoting molecules** (prostaglandin E2, leukotriene B4, and cyclooxygenase-2), and prevented signaling (phosphorylation of Syk, phospholipase A2, and 5-lipoxygenase) that can lead to cell attack by immune system cells called macrophages.

Mice treated with black garlic also **had a decreased allergic response** visible on their skin.