

Mareeba Black Garlic May Reduce Liver Damage

Rats with induced oxidative liver damage were treated with black garlic. Black garlic treatment significantly lowered markers of liver injury (AST, ALT, ALP, and LDH levels).

Black garlic also **increased the normal activity and metabolism of the liver** as the garlic increased levels of a molecule called CYP2E1.

Black garlic also **decreased fatty liver deposits** and rebalanced liver cell diameters to optimal size.

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Mareeba Black Garlic May Help Reduce Obesity

In a rat study, **Black Garlic** significantly **decreased body weight, stomach fat, and fat cell (adipocyte) size**.

The rats experienced benefits of overall decreased fat.

Black Garlic also **lowered triglyceride and LDL (bad) cholesterol levels and increased HDL (good) cholesterol levels**.