



THE FULL LIST OF NUTRIENTS CONTAINED IN **BLACK GARLIC**

VITAMINS



- VITAMIN C
- B VITAMINS (B1, B2, B3, B6, B9)
- VITAMIN D

MINERALS



- IRON
- ZINC
- FOLATE
- CALCIUM
- SILICON
- SODIUM
- POTASSIUM
- SELENIUM
- MANGANESE
- MAGNESIUM
- PHOSPHOROUS

ANTIOXIDANTS



- TETRAHYDRO-BETA-CARBOLINES
- SELENIUM
- N-FRUCTOSYL GLUTAMATE
- N-FRUCTOSYL ARGININE
- NA (1-DEOXY-D-FRUCTOS-1-YL)-L-ARGININE

WATER SOLUBLE ORGANOSULFUR COMPOUNDS



- S-ALLYL-CYSTEINE (SAC)
- S-ALLYLMERCAPTOCYSTEINE (SAMC)

LIPID SOLUBLE ORGANOSULFUR COMPOUNDS



- DIALLYL SULFIDE
- TRIALLYL SULFIDE
- DIALLYL
POLYSULFIDE
- DIALLYL DISULFIDE

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POSSIBLE THERAPEUTIC EFFECTS AND HEALTH BENEFITS OF BLACK GARLIC



1. MORE ANTIOXIDANTS THAN IN RAW GARLIC



2. SUPPORTS RESPIRATORY HEALTH



3. MAY HAVE ANTI-OBESITY EFFECT



4. MAY HELP MANAGE BLOOD SUGAR LEVELS



5. SUPPORTS LIVER FUNCTION



6. LOWERS YOUR CHOLESTEROL LEVELS



7. HELPS KEEP YOUR HEART HEALTHY



8. MAY FIGHT SOME CANCERS



9. HAS ANTI INFLAMMATORY EFFECT



10. MAY HAVE NEUROPROTECTIVE EFFECTS



11. MAY IMPROVE BRAIN HEALTH & MEMORY



12. STRENGTHENS YOUR IMMUNE SYSTEM



13. HAS ANTIMICROBIAL EFFECTS