



# Kyolic® Aged Garlic Extract™

**Kyolic® Aged Garlic Extract™ provides all of the benefits of organic garlic in an odourless, one-a-day caplet that promotes heart health and overall well-being.**

## Garlic...from past to present

Since ancient times, garlic has been used in food preparation and for treating health ailments. Some of the earliest writings from Egypt, India, Greece and China contain references to its uses and benefits. Garlic's popularity would eventually spread around the world as one culture after another promoted its food and medicinal value. This herb has been used in traditional medicine for treating such health issues as diabetes, liver disorders, respiratory ailments, rheumatism, colic, dysentery, and high blood pressure. Today, the many health benefits of garlic are supported by science.

Over 100 scientific studies of Aged Garlic Extract™ have substantiated its safety and benefits. Many of these studies have focused on its benefits in regard to cholesterol, high blood pressure, homocysteine levels, liver function, immune stimulation, and cognitive effects. This research has been conducted at world-renowned universities, such as Brown, Penn State, Rutgers, and Cornell, as well as the National Cancer Institute and the National Institutes of Health. The positive results published in peer-reviewed journals confirm the superiority of Kyolic® Aged Garlic Extract™ as a supplement.

## The Goodness of Aged Garlic™ Extract

**Cardiovascular support:** It has been shown to enhance circulation. A number of double-blind, placebo-controlled studies have demonstrated that Aged Garlic Extract™ may lower blood cholesterol levels. Other studies show that this impressive supplement may also lower high blood pressure levels and prevent blood clots.

**Powerful antioxidant:** Helps to guard against free-radical damage. By increasing the activity of enzymes in the liver, Aged Garlic Extract™ may also help to eliminate heavy metals, chemicals and other toxins from the body. It has been shown to destroy tumour cells and protect against radiation exposure.

**Antibacterial, antiviral and anti-fungal properties:** Provides overall support for the immune system. A strong immune system can battle infections and fight cancer.

One of Japan's foremost researchers on aging, Dr. Hiroshi



## Key Benefits & Features

- Promotes heart health
- Powerful antioxidant
- Antibacterial, anti-viral, and anti-fungal support for the immune system
- Supports healthy blood pressure
- May lower bad cholesterol levels in the blood
- Enhances circulation
- Organic garlic
- Odourless one-a-day caplets provide 1,000 mg of aged garlic extract powder
- Standardized with S-allylcysteine (SAC)—natural compound in garlic
- 30 caplets

Saito discovered remarkable evidence that suggests taking Aged Garlic Extract™ may help to prevent and reverse dementia, and slow the aging process. His search for natural and synthetic treatments for senility led him to garlic—an old Chinese remedy for senile dementia.

Dr. Gilles Fillion of the Pasteur Institute in France found that eating garlic may just make you feel better because it affects the release of serotonin—a brain chemical that acts like a tranquilizer. Dr. Fillion says, "I suspect garlic is anti-stress, anti-anxiety, and acts as a sort of antidepressant like Prozac, although with a much milder effect."

Much of the worldwide research on this herb has focused on Aged Garlic Extract™ because of its consistent amounts of safe, stable, beneficial compounds. Other garlic supplements on the market are heat-distilled garlic oils, heat-dehydrated powders, or oil macerates, all of which may contain unstable compounds and toxins, making them unsuitable for scientific research.

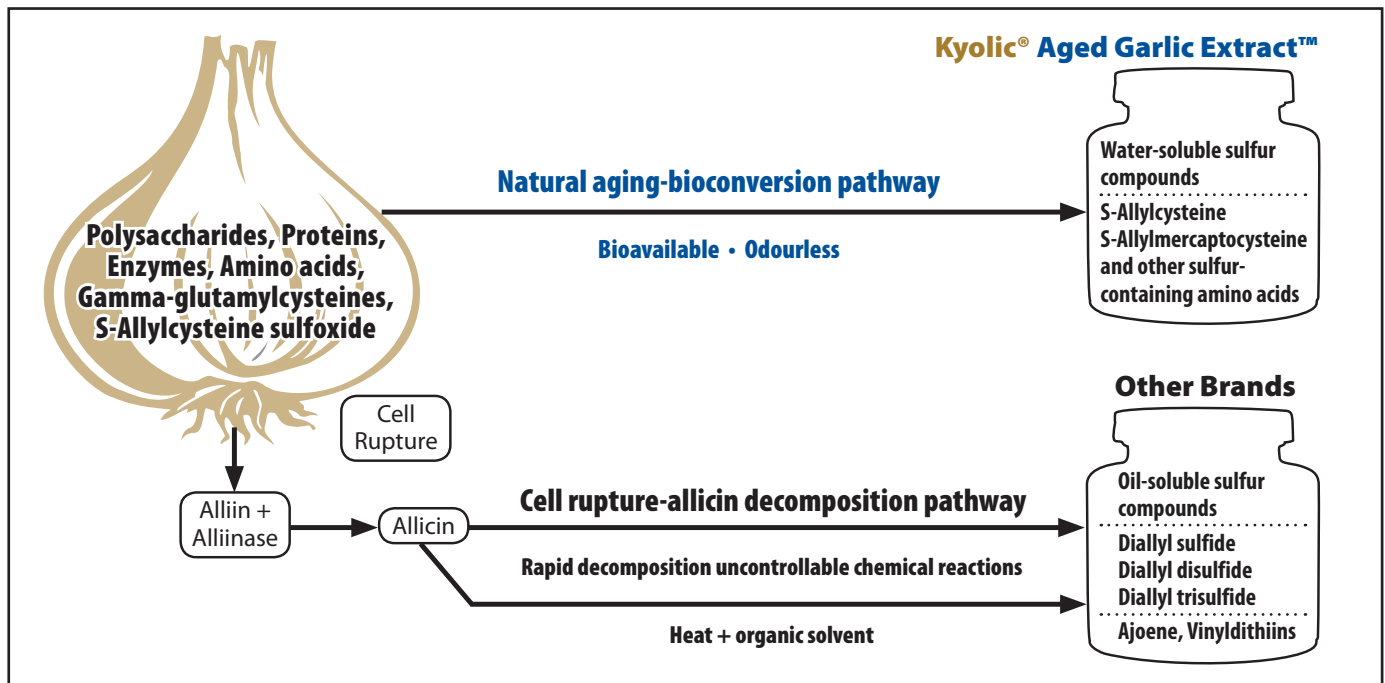
Kyolic® is produced in a way that safely extracts only the best in garlic.

## Kyolic's Natural Aging Process

The key to creating an effective supplement like Kyolic® Aged Garlic Extract™ is a process that can eliminate toxic effects and ineffective compounds, and through standardization, increase the garlic's benefits.

After Kyolic's organic garlic is harvested at full maturity, a natural aging process begins. Cleaned and sliced cloves of garlic are cold-stored in a stainless steel tank for up to twenty months under controlled conditions. This heatless aging process converts harsh, unstable compounds into those that are mild, stable and effective. From soil to shelf, the entire manufacturing process is controlled by over 250 stringent quality checks that ensure the safety and efficacy of Kyolic® Aged Garlic Extract™.

## Transformation of Sulfur Compounds in Garlic



This healing herb has a complex chemistry that is primarily comprised of polysaccharides, proteins, enzymes, amino acids, and a variety of sulfur-containing compounds (see diagram above). When garlic is crushed or ruptured, alliin and alliinase combine to form cytotoxic and odorous compounds, such as allicin. Allicin decomposes into **oil-soluble** sulfur compounds like diallyl sulfide, diallyl disulfide, and diallyl trisulfide, which are not naturally found in garlic.

Kyolic's unique aging process produces only minimal amounts of oil-soluble compounds and an abundance of **water-soluble** sulfur compounds, including S-allylcysteine (SAC) and S-allylmercaptocysteine (SAMC), which are safe, stable, and odourless. Kyolic® Aged Garlic Extract™ is standardized with the water-soluble compound S-allylcysteine (SAC). Bioavailable SAC occurs naturally in garlic and greatly contributes to its health benefits.

### Medicinal Ingredient: (per caplet)

**Aged Garlic Extract™ powder (bulb; 3:1) 1000 mg**  
(3000 mg dried equivalent)

The garlic bulb is considered to be one of nature's medicinal wonders, and Kyolic® Aged Garlic Extract™ contains the finest garlic available. Time-tested organic farming techniques have been utilized to grow garlic bulbs that are well balanced in nutrients. No pesticides, herbicides or chemical fertilizers are used—just the way Mother Nature intended.

**Recommended use:** Promotes heart health through cholesterol reduction when used in combination with dietary measures.

**Recommended dose:** Take one caplet daily with a meal or as directed by a health care practitioner

**Risk information:** Consult a health care practitioner prior to use if you are pregnant, have diabetes, and/or if you are taking blood thinners or protease inhibitors.

### Q & A

*Does Kyolic® contain allicin?*

No, because recent scientific research shows that allicin is not biologically active inside the body and therefore, of questionable value.

*Can I take Kyolic® if I am allergic to sulfur drugs or sulfite?*

Yes. Kyolic® contains bioavailable sulfur compounds and does not contain the above.

Distributed by:

