

# Garlic 8250mg

Providing an allicin potential of 5500µg

## Presentation

**A beige oval speckled clear coated tablet.**

### Each tablet delivers:

Concentrated Garlic Powder	5500mg
(equivalent to 8250mg of fresh garlic)	
Allicin Potential	5500µg

### Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
60

**type**  
tablets

**code**  
8585



## Uses

The active ingredients in garlic are believed to be the many sulphur containing compounds, one of which is alliin, which is converted to allicin when the garlic is chewed or crushed. It is allicin that gives garlic its characteristic smell, and is believed to be the compound responsible for the health benefits of garlic.

Garlic is traditionally used for cardiovascular health with evidence that it may help to maintain normal cholesterol levels in the circulation, when part of a healthy low fat diet. Studies have also shown that it has significant anti-fungal activity and has become popular with many practitioners as part of a diet and supplement regime targeting Candida.

Lamberts® Garlic 8250mg are high potency tablets which are carefully formulated to ensure the 'allicin potential' is preserved, whilst the special coating reduces the garlic odour. Each tablet contains a level of garlic, equivalent to 8250mg of fresh garlic, with an allicin potential of 5500µg. The garlic used in these tablets is significantly closer to the nutritional profile of natural, raw garlic than many low priced 'high street' brands of garlic.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194).

### Cautions

None known at the recommended dosage.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

