

Garlic 60 Capsules

EAN: 5055148413132 FABRICANTE: LAMBERTS



It helps cholesterol levels and circulation, as part of a healthy, low-fat diet. Garlic can be taken indefinitely.

DESCRIPTION

The botanical name of garlic is *Allium sativum* and it is believed to have originated in Central Asia and then spread to China and Europe. This plant contains 30 beneficial ingredients for a wide range of metabolic actions.

The active ingredients in garlic are believed to be various sulfur compounds, one of which is allicin, which is converted to allicin when garlic is chewed or crushed. Allicin is responsible for the characteristic odor of garlic, and is thought to be the compound responsible for the beneficial effects of this bulb.

Garlic has traditionally been used for its potential help with cholesterol levels and circulation, as part of a healthy, low-fat diet. Garlic can be taken indefinitely, but if you are using it for cholesterol problems, be sure to check your levels regularly. Studies have also shown its effect on fungus, making it a very popular supplement among health professionals as part of a Candida-focused diet or regimen.

The main component in raw garlic is allicin, but as soon as a clove of garlic is crushed or cut, the cell walls split so that an enzyme called alliinase is released, which converts alliin to allicin. Since allicin is the active component, most practitioners and clients will compare allicin instead of alliin.

We use 550mg of a 3:1 garlic powder extract, equivalent to 8250mg of fresh garlic in each tablet, with an allicin potential of 5500µg. The garlic used in these tablets has a nutritional profile much closer to that of natural garlic than many cheap brands on the market.

LAMBERTS® Garlic 8250mg tablets have been carefully formulated to ensure that the allicin potential is maintained. In addition, the special coating reduces the garlic odour and ensures that the tablets begin to disintegrate after they have passed through the stomach. In the 40-60 minutes it takes for the tablet to break down, most of the tablet's contents have avoided the acidic area of the stomach.

Our product is not deodorized. Many products on the market have been deodorized but this method destroys the important allicin content, while the heat process used by other manufacturers destroys the valuable sulfur compounds.

Unfortunately, many of the benefits of garlic come from the sulfur-containing compounds, such as allicin, which is also responsible for much of the odor. If we were to remove the odor, we would have to destroy



Garlic 60 Capsules

EAN: 5055148413132 FABRICANTE: LAMBERTS



the beneficial compounds, which is obviously not desirable. We always suggest taking the product with a main meal and ideally in the evening, so that the garlic can be digested overnight.

The best thing to look for when comparing brands is the type of garlic extract. Dried garlic powder is considered to have similar effects to fresh, crushed garlic. Other types of supplements, such as crushed garlic oils, alcohol-aged garlic extract, and steam-distilled oils seem to contain less allicin and perhaps less of other active compounds than in dried powder.

Oval tablet with beige speckles.

Each tablet provides:

Concentrated Garlic Powder (equivalent to 8250 mg of fresh garlic)	550 mg
Allicin Potential	5500 µg

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Instructions for use

Take 1 tablet daily with food.
Do not exceed the expressly recommended daily dose.

Is GARLIC deodorized?

LAMBERTS® Garlic 1650mg tablets are carefully formulated to ensure the allicin potential is maintained, and their special coating reduces the garlic odour.

Each tablet contains an amount of garlic equivalent to 1650 mg of fresh garlic, with an allicin potential of 5500 µg. The garlic used in these tablets has a nutritional profile much closer to that of natural garlic than



Garlic 60 Capsules

EAN: 5055148413132 FABRICANTE: LAMBERTS



that of many low-priced brands on the market.

The combination of such a high dose of volatile oils in our formulas, combined with the tableting process, means that in the 40-60 minutes it takes for the tablet to break down, the majority of the tablet's contents have avoided the acidic area of the stomach.

GARLIC: Enteric Coating?

LAMBERTS[®] Garlic 1650 mg tablets are not enteric coated, but rather have a special coating that reduces the garlic smell. Some of our products are enteric coated when we consider it important to ensure that they are released only at the intestinal level.

In this case, we believe that garlic stimulates gastric juices and helps us digest iron better and absorb nutrients from food better. It is also an important nutrient for optimizing the functions of the pancreas and liver.

