

SOURCE



NATURALS[®]

Strategies for WellnessSM

Wellness GARLICCELL™

*A Breakthrough in
Allicin Delivery*



Throughout history, many different cultures have appreciated garlic for its wide range of benefits. It has been used as a food, spice, and in folk tradition. Garlic was part of a daily ration given to strengthen the pyramid builders of ancient Egypt. Early Romans gave their soldiers garlic for courage.

Today, garlic supplements are among the most popular nutrients for health-conscious people. And for good reason: ongoing research is exploring the many health benefits of garlic, benefits known by our ancestors for centuries. In fact, a 1978 survey of 8,500 centenarians (by the National Institute of Aging) found garlic to be one of the preferred foods in the majority of their diets.

Source Naturals WELLNESS GARLICCELL™ is made with a unique process that preserves the volatile activity of garlic. Each 600 mg odorless garlic tablet delivers the full benefits of garlic in a convenient and bioavailable form.

Considerable research is being directed toward unraveling the mysteries of garlic (*Allium sativum*). Numerous studies are indicating that garlic may enhance our health in many ways. One of nature's most potent plants, garlic is known to help strengthen the body's natural defenses and maintain normal cholesterol levels. It's also valued for its cleansing and protective action in the intestines, where it can help increase and support the body's population of friendly flora.

Garlic and the Circulatory System

Garlic is beneficial to our circulatory system. It is a strong antioxidant that inhibits lipid peroxidation by scavenging free radicals in the bloodstream. Studies have reported that standardized garlic supplements may help maintain normal cholesterol levels.

One of garlic's most important actions is its positive effect on *blood platelets*. Platelets are the components in blood that clump together to stop the bleeding when you cut yourself, but not when blood is normally flowing through an undamaged blood vessel. The typical, nutrient-poor, high-fat Western diet – as well as alcohol and various prescription drugs – can cause platelets to clump together and plug up small blood vessels. According to recent scientific research, garlic can reduce “platelet aggregation.”

Alliin – Garlic's Active Ingredient

The problem with making a garlic supplement is in maintaining the activity of its key nutrient. When fresh garlic is crushed, the enzyme *alinase* is released. This transforms *alliin*, another constituent of garlic, into *allicin*. Allicin is the primary active compound that gives garlic its beneficial properties. But once produced, allicin can only remain intact for about 30 minutes before it decomposes.

Garlic Where It Counts

The secret of Source Naturals WELLNESS GARLICELL is an advanced proprietary technique which, by following nature's example, first keeps alliin and alinase separate. It then protects them from

destructive stomach acids using an *enteric* coated tablet, which doesn't dissolve until it reaches the small intestine where allicin is formed. In the alkaline aqueous medium of the small intestine, allicin is efficiently absorbed for maximum benefit, and once in the bloodstream it remains stable for days.

Using this latest nutritional technology, each tablet of Source Naturals WELLNESS GARLICELL yields an abundant 6000 mcg of allicin. Because WELLNESS GARLICELL provides such high levels of allicin, only one tablet per day is needed to equal the potencies used in some recent clinical studies.

No After-Odor

WELLNESS GARLICELL'S natural, acid-resistant enteric coating prevents the tablet from disintegrating in the mouth or stomach; therefore “garlic breath” is avoided. This processing technique uses only natural stabilizers, requiring no artificial chemicals.

WELLNESS GARLICELL'S advanced delivery process results in a tablet standardized to deliver 6000 mcg of allicin – guaranteed. This optimal amount of allicin gives you all the benefits of garlic in a convenient, easy to swallow tablet. Source Naturals WELLNESS GARLICELL – the sure way to enjoy your garlic.

References

- Das, I., et al. (1995). *Current Medical Research and Opinion*, 13(5), 257-62.
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- Silagy, C., & Neil, A. (1994). *Journal of the Royal College of Physicians of London*, 28(1), 2-8.

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.