

# Garlic Active Principles

A high-potency and odour-free garlic extract for powerful anti-microbial and cardioprotective support.

## Each capsule contains:

Garlic ( <i>Allium sativum</i> )	142 mg
Fish Oil (from anchovies, sardines, mackerels and herring)	236 mg
EPA (eicosapentaenoic acid)	73 mg
DHA (docosahexaenoic acid)	51 mg

90 softgels

Gluten, soy and dairy free.



Garlic has been used for centuries not only as a staple herb in culinary dishes but also traditionally as a medicinal agent. It is classically categorized as a powerful antimicrobial agent with cardiovascular benefits. Indeed, current research supports garlic's ability to improve lipid profiles and regulate vascular tone.

Clinically, garlic extracts are now also used to treat small intestinal bacterial overgrowth (SIBO), candida overgrowth and other circumstances of dysbiosis. Likewise, garlic is effectively used to treat various bacterial infections, chronic viral infections and to generally support the immune system. In fact, one study found that garlic extract supplementation over twelve weeks led to a 70% reduction in infectious illness and a significantly faster recovery from sickness. The

documented increase in natural killer cells with garlic extract supplementation explains some of these benefits.

The medicinal properties of garlic are often attributed to its allicin content, a compound that is liberated when garlic is crushed and exposed to air. Although allicin is the most well-known ingredient, further breakdown leads to the true active sulfur-containing ingredients such as vinylthiines, sulfides and ajoenes. These compounds individually and collectively have research to support their actions on the immune system and the cardiovascular system. For example, vinylthiines help to regulate vascular tone while ajoenes have documented anti-H. pylori activities and encourage proper coagulation.

Garlic Active Principles by Cyto-Matrix contains standardized amounts of

## Key points

- Formulated to provide the active metabolites of allicin, known as vinylthiines, sulfides and ajoenes
- These compounds have powerful anti-microbial actions and, therefore, make the product ideal for treating small intestinal bacterial overgrowth (SIBO), dysbiosis, various infections and for general immune support
- Also indicated for supporting the integrity of the cardiovascular system, balancing cholesterol and regulating vascular tone
- Liquid gelcaps are relatively odour-free compared to most other garlic extract products

vinylidithiines, sulfides and ajoenes sourced from organic garlic. Without the use of solvents, a super critical extraction process is employed to stabilize and obtain these active metabolites in order to provide potent antimicrobial and antioxidant activity. This unique processing also allows Garlic Active Principles to be

relatively odour-free which greatly helps to increase patient compliance. Finally, ecosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have been included in the formulation in their highly bioavailable and native triglyceride form for their widespread cardiovascular benefits. Available in 90 liquid gelcap bottles.

## Related products

Active A.C.E.S. + Zinc  
Berber  
Cran-Mannose UTI  
Greens-Matrix  
IM-Matrix  
Immune-Matrix  
Lipo-Matrix  
Multi-Strain 11  
Multi-Strain 50  
Mushroom-Matrix  
Saccharo-B  
Bioflav Matrix

**Non-Medicinal Ingredients:** Olive oil, d-alpha tocopherol. Capsule: gelatin.

**Indications:** Garlic is traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions such as nasal congestion and buildup of excess mucous. Used in Herbal Medicine to help reduce elevated blood lipid levels in adults. Helps maintain cardiovascular health and support brain function. A source of omega-3 fatty acids for the maintenance of good health.

**Directions:** Adults - Take 2 capsules, 2 times per day or as directed by a healthcare professional.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you are pregnant, if you have diabetes, if you are taking blood thinners or protease inhibitors. Consult a health care professional if symptoms persist or worsen.

**Known Adverse Reactions:** Stop use if hypersensitivity/allergy occurs.



193235

