



## ODOURLESS GARLIC

UPC CODE 0 646420 2080 2 – 100 capsules

UPC CODE 0 646420 2596 8 – 300 capsules

NPN # 80000011

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### NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

#### Jamieson Odourless Garlic is approved for the following NHPD claims:

- Traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.
- Used in Herbal Medicine to help reduce elevated blood lipid levels/hyperlipidaemia in adults.
- Used in Herbal Medicine to help maintain cardiovascular health in adults.

### GENERAL INFORMATION

Garlic is one of the most well recognized medicinal herbs. It is used as a traditional medicine worldwide, with numerous applications. Garlic also contains potassium, phosphorus, calcium, protein, the B complex vitamins and vitamin C.

The ancient Egyptian and Greek warriors used garlic to prevent illness and increase strength and endurance. The Europeans, for the last 3,000 years, have made garlic a central part of their cuisine, and it is well renowned for its numerous health benefits.

Garlic is related to plants that are part of the genus *Allium*, which includes onions and scallions. The health benefits of garlic can be attributed to the more than 100 sulfur compounds found in its bulb. One of the sulfur compounds responsible for garlic's odour, flavour, and healing properties is Allicin. This substance, along with other sulfur compounds such as ajoene, is responsible for the nutritional support that garlic provides for various health conditions.

Garlic supports cardiovascular health in several ways. It can help to thin the blood, making platelets less "sticky" and therefore less likely to clump together or stick to artery walls. The sulfur compounds in garlic can also help lower triglyceride levels and LDL ("bad") cholesterol levels, because by altering its metabolism in the liver, the amount of cholesterol released into the bloodstream is reduced. Garlic also helps dissolve clot-forming proteins to reduce the development of plaque on artery walls, and can reduce blood pressure by helping to widen the blood vessels, which allows blood to flow more smoothly through them.

Garlic also supports the health of the digestive tract (stomach, colon), breast, and prostate. This is because garlic plays a role in increasing levels of certain enzymes that detoxify harmful substances, and it may block the formation of nitrates. Garlic can also inhibit the growth of *Helicobacter pylori* (*H. pylori*), a type of bacteria that contributes to the development of ulcers. In addition, garlic enhances the immune system, has antioxidant properties, and may protect the body from viral, bacterial, and fungal infections by blocking enzymes that allow these organisms to invade and damage body tissues.

Jamieson's Odourless Garlic contains ultra pure garlic. Each capsule is equivalent to 500 mg of fresh garlic, clinically assayed to contain garlic's active, vital nutritional properties.

Jamieson Odourless Garlic is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Odourless Garlic from Jamieson Laboratories different...and why does this difference mean better?

- 1) Deodourized formulation provides all the benefits of fresh garlic with no garlic aftertaste. Certified 100% odour free.

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**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.



- 2) Cooking garlic may inhibit the formation of allicin and other active compounds in garlic. This supplement provides all of the health benefits derived from raw garlic in an easy to swallow soft gel capsule.
- 3) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

### INGREDIENT INFORMATION

Available as 100 or 300 soft gel capsules.  
Each soft gel capsule contains:  
Garlic Powder (100:1) Extract ..... 5 mg  
(*Allium sativum*, equivalent to 500 mg of raw garlic)

### EXCIPIENTS

Soybean Oil, Yellow Beeswax, Lecithin, Gelatin, Glycerin.

### DIRECTIONS

**Adults:** Take 2 softgels daily. Best taken with meals. For prolonged use consult a health care practitioner. Store between 15°C-25°C, away from children.

### INDICATED BENEFITS

- Traditionally used to treat upper respiratory tract infections
- Supports cardiovascular health
- Aids in digestion
- Enhances the immune system
- Alleviates bronchial congestion
- Plays a role in reducing high blood pressure

### NUTRIENT INTERACTIONS

#### Drug Interactions

Garlic supplements can interact with or have adverse effects on the following medications: Insulin or oral hypoglycemic agents (may alter blood glucose levels); anticoagulant/antiplatelet drugs, aspirin (may cause bleeding).

#### Nutrient Depletions

None known when taken as directed.

#### Supportive Interactions

Garlic supplements may help reduce blood pressure in individuals taking ACE inhibitors or angiotensin II receptor antagonists.

### WARNINGS AND PRECAUTIONS

Consult a health care practitioner if symptoms persist or worsen; or prior to use if you are pregnant; if you have diabetes; if you are taking blood thinners or protease inhibitors.

Hypersensitivity (e.g. allergy) has been known to occur; in which case discontinue use.

### TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. High doses of garlic may produce symptoms of heartburn, stomach upset, intestinal gas, nausea, diarrhea, and skin rashes.

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