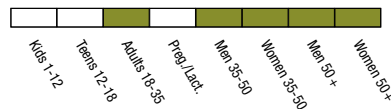




Garlic EC™

ITEM# 125
AUST L 68172



Garlic is one of the most healthful and beneficial natural supplements known today. Garlic has been shown to maintain a healthy immune system, provided it is healthy to begin with. Garlic also provides relief from symptoms of upper respiratory infections such as colds and bronchitis.

While garlic is very nutritious when eaten raw, it can be irritating and unpleasant to consume in large quantities. That's why USANA developed **Garlic EC™** with an enteric coating (EC) that prevents stomach irritation and provides the full benefits of garlic's active compounds.

Garlic EC, with its enteric coating, is designed to remain intact until it reaches the small intestine. There the tablet coating dissolves, releasing the active compounds to be absorbed by the large surface area of the small intestine. The result is minimal garlic odour or aftertaste.

Garlic's Many Health Benefits

Garlic is a member of the allium plant family, which includes onions, shallots, and leeks. These plants contain sulfur-rich derivatives of the amino acid cysteine, many of which are thought to have health benefits. More than two dozen beneficial sulfur compounds have been identified in garlic.

When raw garlic is cut or crushed, the enzyme allinase interacts with the cysteine compound alliin to produce allicin (s-allyl-L-cysteine sulfoxide). Allicin is believed to be the most important compound in garlic. Once produced, allicin usually breaks down in a few hours at room temperature or after 20 minutes of cooking. **Garlic EC** contains standardised alliin and guarantees a full 6,000 µg of allicin after ingesting.

Why Garlic EC™?

Garlic EC provides you with the full benefits of garlic in a high-quality, highly bioavailable form. **Garlic EC** tablets are manufactured from freeze-dried fresh garlic, rapidly processed before allinase can begin to transform the alliin. The shell of the tablet is an enteric coating that protects the garlic during packaging and storage, and prevents stomach acid from breaking it down before it can be absorbed. After **Garlic EC** enters the small intestine, the enteric coating dissolves; the allinase then converts alliin to allicin, which is directly absorbed.

Because **Garlic EC** produces allicin only after ingestion, garlic odour or aftertaste is reduced.

Garlic EC is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

Using Garlic EC™

Take one (1) or two (2) **Garlic EC** tablets daily.

EACH TABLET CONTAINS:
GARLIC POWDER (STANDARDISED
TO 6,000 µg ALLICIN YIELD)
EQUIVALENT FRESH GARLIC

650 mg
1.95 g

USANA
HEALTH SCIENCES

Optimizers
Micronutrition

Garlic EC™

- High-potency garlic tablet with guaranteed quality
- Contains an enteric coating (EC) to maximise bioavailability of active constituents and prevent garlic odour
- Provides a broad spectrum of benefits, including respiratory functions*



USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER

Not to be used in children under two years of age without medical advice.

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