

# GarlicAIM:

Garlic Bulb, Black Garlic and Alpine Wild Garlic

## Key Benefits and Features

- May help maintain cardiovascular health
- Provides all the benefits of regular garlic and more
- May increase immune health
- Exhibits antioxidant activity



## Garlic Compounds

Garlic contains two primary organosulfur compounds credited with providing health benefits: L-cysteine sulfoxides and  $\gamma$ -glutamyl peptides. L-cysteine sulfoxides generate allicin, a chemical compound that gives garlic its distinctive odor and taste.

The  $\gamma$ -glutamyl peptides are even higher in wild garlic leaves than in the bulbs, giving GarlicAIM's combination of garlic leaves and two types of bulbs a healthy edge over the competition.

[bit.ly/Garlic\\_OSCs](https://bit.ly/Garlic_OSCs)



## Genus *Allium*

The botanical name for garlic is *Allium*, originating from Latin. GarlicAIM contains three types of garlic. Two are *Allium sativum*—the common bulb and black fermented garlic—and *Allium ursinum*: wild garlic leaves. This unique combination delivers all the health benefits of garlic and more.



As far back as 3000 B.C., garlic was used for cooking food and medicinal purposes. Today, the recognition of beneficial compounds in garlic make GarlicAIM a supplemental choice for cardiovascular health.

