

# KEEP BODY STRONG WITH GARLIC PLUS



## GARLIC PLUS

A healthy circulation is important in keeping a fit and active lifestyle. Garlic Plus consists a mixture of garlic extract and Vitamin C to support healthy circulation and to maintain general health. With Vitamin C, it also provides antioxidant support to the body.

### OVERVIEW OF GARLIC

Garlic (*Allium sativum L.*) is the edible bulb from a plant in the lily family. It has been traditionally used as medicine and spices for thousands of years<sup>1</sup>. Garlic contains a number of sulfur compounds such as allicin. The World Health Organization (WHO) recommends 2-5g of fresh garlic or 300-1,000mg of garlic extract daily to exert health benefits to our bodies.<sup>2</sup>

### WHAT IS ALLICIN ?

The health benefits of garlic likely arise from a wide variety of components, possibly working synergistically. Amongst these, allicin is the primary active compound, which gives garlic its distinct odour and taste. The health benefits of garlic include:

- Acts as antioxidant<sup>3</sup>
- Supports a healthy circulation<sup>3</sup>
- Stimulates the production of nitric oxide, a naturally occurring gas<sup>4</sup>
- Helps to boost the body's immune system<sup>5</sup>
- Increases the body's resistance<sup>5</sup>

## DID YOU KNOW?

When fresh garlic is chopped or crushed, allicin, the primary active compound in garlic that confer health benefits, is released. Allicin is highly unstable and easily degrades during food preparation and cooking.

Using patented technology, Garlic Plus is processed using enteric coating to ensure the health benefit of allicin can be delivered optimally to the body.



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SKU#0032

## WHAT IS ENTERIC COATING ?

For some of us, eating garlic can be challenging because of its pungent odour. The enteric coating is a protective barrier that is designed to hold the garlic tablet together and prevents it from being broken down in the stomach before entering the small intestine, where it is most effective. With enteric coating, the garlic tablet is able to pass through the stomach intact without getting destroyed for optimal absorption. Enteric-coated garlic tablets offer an easy way to obtain the benefits of garlic without the unpleasant garlic breath.

### Key benefits:

- **Supports healthy circulation and maintains good health**
- **Added with Vitamin C to provide antioxidant protection**
- **Enteric coated for better absorption**
- **Convenient way to obtain the benefits of garlic without the unpleasant garlic breath**

### References:

1. National Center for Complementary and Integrative Health (NCCIH), 2012. Garlic. <https://nccih.nih.gov/health/garlic/ata glance.htm>
2. European Medicines Agency, 2016. Assessment report on *Allium sativum* L., bulbous. [http://www.ema.europa.eu/docs/en\\_GB/document\\_library/Herbal\\_-\\_HMPC\\_assessment\\_report/2016/07/WC500210924.pdf](http://www.ema.europa.eu/docs/en_GB/document_library/Herbal_-_HMPC_assessment_report/2016/07/WC500210924.pdf)
3. Tattelman, E. 2005. Health effects of garlic. *Am. Fam. Physician.* 72(1): 103-106.
4. The Longwood Herbal Task Force and The Center for Holistic Pediatric Education and Research, Garlic, 8 March 2000.
5. Gulsen, G & Erol, A. 2010. Antimicrobial effect of Garlic (*Allium sativum*). *Recent Patents on Anti-Infective Drug Discovery*, 5(1): 91-93.

The product is not intended to diagnose, treat, cure or prevent any disease.

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# WHO NEEDS GARLIC PLUS?

Garlic Plus is suitable for everyone especially those who want to maintain a healthy circulation and have antioxidant support. It is important to support general health.

Directions (Adult dose):

**Take 1 tablet once daily with a meal.**



Certified by the Islamic Food and Nutrition Council of America.

# BID GOODBYE TO FREE RADICALS

## CELACTIVO

- Offers the benefits of alpha lipoic acid as a source of antioxidant for the prevention of cellular damage
- Helps to restore intracellular antioxidants such as Vitamin C and Vitamin E in the body
- Contains aloe vera that helps to support the body's absorption of micronutrients
- Added with B vitamins for energy metabolism to support healthy active lifestyles
- It is in vegetable capsule



The product is not intended to diagnose, treat, cure or prevent any disease.

### DID YOU KNOW?

In everyday life, our bodies generate free radicals. Free radicals are highly reactive and are harmful to the body's cells. They can be created either through the normal metabolic process within the body as by-products or from the external environment such as exposure to UV rays, pollution, stress, cigarette smoking and even exercise.

On the other hand, antioxidants are "superheroes" that fight and protect the body against free radicals damage. Antioxidants can be found in food such as fruits and vegetables. The common antioxidants are Vitamin C, Vitamin E and alpha-lipoic acid.



**HERBALIFE**  
**NUTRITION**

# WHO NEEDS CELACTIVO ?

Anyone who needs antioxidant support especially individuals who:

- Have unhealthy diet
- Practise sedentary lifestyles
- Engage in intense exercise
- Work under stressful environment
- Exposed to polluted environment

Direction of use (Adult dose):

**Take 1 capsule 3 times daily after meals.**

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## What is alpha lipoic acid?

Alpha lipoic acid is a naturally occurring antioxidant that is produced only in small amounts by the body. It can also be found in food such as green veggies and organ meats. Alpha lipoic acid is a key nutrient needed in the metabolism of food into energy<sup>1</sup>.

**The body needs both water and fat soluble antioxidants to protect the cells**



Alpha lipoic acid is known as a “universal antioxidant”, because it is soluble in both water and fat. This ability enables alpha lipoic acid to offer broad-spectrum antioxidant protection against free radicals. Not only that, it also helps to regenerate other antioxidants activity such as Vitamin C and Vitamin E within the body.<sup>2</sup>

## HOW CELACTIVO HELPS ?

Celactivo contains alpha lipoic acid, a universal antioxidant to fight against free radicals in the body by recycling other antioxidants within cells. Furthermore, Celactivo also consists of aloe vera to support the body's absorption of micronutrients. It is added with B vitamins for energy metabolism to support healthy active lifestyles.

### References:

1. Packer, L & Cadenas, E. 2010. Lipoic acid energy metabolism and redox regulation of transcription and cell signaling. *J. Clin. Biochem. Nutr.*, 48(1), pp. 26-32.
2. Packer, L., Witt, E.H. & Tritschler, H.J. 1995. Alpha lipoic acid as a biological antioxidant. *Free Radical Biology & Medicine*, 19(2), pp. 227-250.

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