

# BLACK GARLIC: WHY IT IS GOOD TO TAKE IT IN CONCENTRATED FLUID EXTRACT

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In recent years we have seen how black garlic has been introduced into our lives progressively, both at the culinary level for its taste, and at the therapeutic level for its multiple health properties.

This ingredient is obtained through the enzymatic fermentation of common garlic, through a long process that lasts around two months at an optimum temperature and with a high humidity index. During maceration, which lasts forty days for the total extraction of active principles, different systems are used, based on ancestral spagyric, alchemical and bioenergetic principles of quantum physics. Its objective is to increase the energetic vibration of this preparation, managing to regulate, at the same time, the energetic system of the human being, on which our mental and emotional processes depend (fears, insecurity, irritability, anxiety, etc.).

Innumerable studies and publications corroborate the therapeutic properties of common white garlic at the circulatory, immunological, respiratory, rheumatological, etc. levels. Despite this, there are also different disadvantages, such as the smell, taste, perspiration or intolerance, which limit their consumption.



However, new research shows that black garlic manages to eliminate all these negative characteristics of white garlic, such as bad breath, intolerance or bad odor of perspiration and in turn increases its properties, due to the higher concentration, stability, value biological and bioavailability of nutrients, allowing to be administered in concentrated forms without risk of toxicity.

These studies have shown greater effectiveness and safety in the use of black garlic, so that these diseases can be treated more effectively and with long-term treatments.

By ingesting black garlic in natural or in capsules the amount of active principle that reaches the cellular level is minimal. For this reason, Ondalium has created the first [Ecological Black Garlic Concentrated Fluid Extract \(BGCFE\)](#) on the market. Using this format allows extracting and concentrating the active principles of black garlic, improving its capacity of absorption by the organism, thus reaching our cells and tissues in an optimal way, to obtain a greater and better effectiveness when treating and preventing all the ailments in which it acts.

The BGCFE is able to act quickly, safely and deeply, because it favors the body's own natural response capacity by acting simultaneously and beneficially on multiple organic systems, without the unwanted effects of concentrated white garlic and without risk of toxicity.



With just a few drops of this extract you can:

- **Combat stress and contribute to the health and function of the liver:** it is the most damaged organ. Stress and the high number of toxins that have to purify present in the air we breathe, water or food we eat, overload and damage its function.
- **To favor the health and care of the heart and the circulatory system:** both arterial and venous, as well as in relation to microcirculation.
- **Help prevent** atherosclerosis, chest angina, stroke, stroke, varicose veins, spider veins, hemorrhoids ...
- **Contribute to eliminate fluid retention:** it acts as a general depurative and decreases body volume.
- **Maintain a healthy blood pressure:** it helps to make the arterial walls more flexible by regulating blood pressure.
- **Actively participate in the metabolic balance of fats and cholesterol:** it helps regulate cholesterol and high triglycerides in the blood.
- **To favor the health and balance of the intestinal flora:** it acts against pathogenic bacteria and candidiasis.
- **Regulate the immune system.**
- **Help to thin the throat and nasal bronchial secretions:** it is perfect to maintain the healthy function of the respiratory system, especially in smokers or people living in cities that are very exposed to environmental pollution.
- **Act as source rich in antioxidants:** this aspect is of vital importance for the elimination of free radicals that occur during intense physical exercise, exposure to ionizing radiation, to ultraviolet (UV) light, such as sun exposure, radiotherapy, environmental pollution, tobacco smoke, certain drugs and chemotherapy ... There are some circumstances in which there is also an excess of free radicals, as in hypercaloric diets, an insufficient diet in antioxidants; in chronic diseases, inflammatory processes and traumatism, in ischemia and reperfusion phenomena, etc. Free radicals oxidize and age us, both at the skin level, with the appearance of spots, wrinkles and flaccidity, as well as internal organs.

- **Achieve to prevent or at least reduce the organic functional deterioration caused by free radicals:** having a beneficial effect in many diseases related to aging.
- **Increase vitality:** a body free of toxins is a healthy, more vital and positive body. In addition, it improves your sports performance and has anti-aging effect

All these characteristics make the extract black garlic fluid in one of the food supplements for the whole family, highly effective for the purification, as well as in the stimulation of the regulatory mechanisms of the organism.