

ACTS AGAINST FREE RADICALS CAUSING CELLULAR OXIDATION AND AGING

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The black garlic extract contains antioxidant phytochemicals, which prevent oxidative damage. The process of fermentation and maceration of raw garlic to obtain black garlic has been shown to increase its antioxidant potency, by converting unstable molecules, such as allicin, into other water soluble sulfur compounds that are more stable and more bioavailable to cells. These sulfur compounds SAM and SAC are responsible, at least in part, for their antioxidant capacity, but they are not the only ones. It also contains a large amount of other antioxidant compounds, such as polyphenols and selenium.

Astaxanthin is the carotenoid with greater natural antioxidant capacity, extracted by means of a new technology of supercritical fluids, which does not pollute the environment and allows the obtainment of its concentrate from the microalga *Haematococcus pluvialis*.

When is an excess of free radicals or oxidative stress generated?

There are a multitude of diseases related to both situations. Free radicals are produced during natural metabolic reactions, intense physical exercise and exposure to certain external agents, such as ionizing radiation, ultraviolet light (UV), sun exposure, radiotherapy, environmental pollution, tobacco smoke, certain medications and chemotherapy, etc.

There are some circumstances in which there is also an excess of free radicals, as in hypercaloric diets, an insufficient diet in antioxidants, chronic diseases, inflammatory processes and trauma, and phenomena of ischemia and reperfusion.



Ondalium Antiox: the elixir of eternal youth. Discover its properties:

1. **Anti-aging:** increases the natural defense of our skin, by its antioxidant and anti-inflammatory capacity. It also prevents premature aging, caused by sun exposure, tobacco smoke or chemical and electromagnetic environmental pollution. All this oxidizes our skin and ages it. In addition, it activates the blood microcirculation, resulting in a younger, smoother and luminous skin. It also protects the eyes. This complement for beauty emerges from the inside. It is recommended to take it at the same time that the biocosmetic line is used, to achieve greater beauty and health of the skin.
2. **Improvement of sports performance:**
 - It benefits those who practice some sports discipline and want to maintain an excellent condition.
 - Reduces oxidative stress that is generated after a strenuous sports practice.
 - Due to its antioxidant action, it helps to maintain the health of the cardiovascular, respiratory and musculoskeletal systems.
 - Helps to improve blood circulation.
 - Reduces the perception of fatigue; its germanium content is one of those responsible for the increase in energy production, by increasing the oxygen supply of the cells.
 - It is rich in SAMC (S-Allylmercaptocysteine), a sulfur compound that contributes to hormonal regulation. Some research has linked the administration of garlic supplements with the stimulation of steroid hormones. In men, the combination of high protein diets with high doses of garlic may increase testosterone levels.
 - Its active compounds are extremely lipolytic and small, so they can easily travel in fat cells and extract nutrients combined, facilitating the combustion of fats. In addition, some research shows that it has anti-obesity effects, which can be increased by regular exercise.



3. **Effects on chronic and neurodegenerative diseases:** chronic and neurodegenerative pathologies carry a great oxidative stress. Thanks to its antioxidant capacity, the role of black garlic in improving the functions of the nervous system and memory is important, acting as a neuroprotector. Quickly, deeply and safely and deeply, it favors the body's own natural response capacity for the prevention and maintenance of health, by acting simultaneously and beneficially on multiple organic systems, without the unwanted effects of white garlic concentrated and without risk of toxicity.