

# WHAT IS BLACK GARLIC AND HOW DOES IT HELP OUR HEALTH?

May 3, 2018

For a while now, there is a lot of talk about black garlic. Not only for being used as an ingredient, but also as a basis for multiple health care products and body wellness. This is the case of our range of specific products. But: are you clear about where it comes from and how does it contribute to your organism?

Black garlic is a relatively recent product. Three decades ago, a natural process was discovered in Korea that eliminates the smell of white garlic, modifies its flavor and texture and increases its health properties. Normal garlic is transformed into black garlic by prolonged exposure to heat and humidity. This is called 'enzymatic fermentation', since microorganisms do not intervene to age it.

Thus, the nutrients present in garlic are concentrated between two and ten times more, and stable and soluble sulfur organic compounds are formed, which the organism can assimilate completely. Allicin and allicin from fresh garlic are transformed into other compounds, such as the organosulfurized SAC (S-Allyl-Cysteine) and SAMC (S-Allyl-Mercaptan-Cysteine), which can be used by the body without 'escaping' and, therefore, have a greater and longer biological activity.

The fermentation process increases the properties of garlic due to the higher concentration of active ingredients, stability, biological value and bioavailability of phytonutrients. Therefore, black garlic can be administered in concentrated forms or for the necessary time without the disadvantages of white garlic. In addition, black garlic has greater antioxidant strength, being the food with the highest concentration of polyphenols and sulfur compounds known.



## Multiple properties and antioxidant excellence

In addition to the diverse properties of black garlic, the powerful antioxidant capacity of polyphenols and water-soluble organosulfur compounds such as SAC and SAMC, this product favors the nutrition and stimulation of our own antioxidant and metabolic mechanisms.

It is extraordinary that black garlic is a food that naturally combines sulfur, selenium, zinc, manganese, copper and molybdenum. These are the necessary trace elements to nourish and maintain in health the main antioxidant enzymes of cellular and extracellular protection (Cytochrome P450 Complex: Glutathione, Superoxide Dismutase and Catalase).

It contains other trace elements, such as iodine, germanium, phosphorus, iron, magnesium and silicon, valuable for the correct and optimal function of multiple organic systems. It also has 18 amino acids, flavones, quercitins, saponins, oligosaccharides and very interesting enzymes from a nutritional point of view.

Dare to try it, you cannot stop!

