

13 BENEFITS OF BLACK GARLIC WHICH CAN HELP YOUR HEALTH

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Garlic has multiple properties that benefit health, as endorsed by numerous studies and scientific research. High nutritional value, rich in antioxidants, helps to improve blood pressure, reduce cholesterol ... These benefits are enhanced, in addition, by the aging process of black garlic, with the advantage of its pleasant flavor, without causing bad smell in the mouth or digestive discomfort, as we discussed in a previous post.

The concentrated extract of black garlic allows to increase its characteristics again thanks to its extraction process, maturation and to the synergic meeting of lipo and water soluble active compounds in stable forms. At the same time, tincture significantly increases the bioavailability of phytonutrients and facilitates their oral use in drops.

In Ondalium we mix our Concentrated Liquid Extract of Organic Black Garlic with other ingredients, also 100% natural and vegan, as essences of plants and black onion, to take care of your health to the maximum.



13 benefits of black garlic:

- 1. Contribute to your health and care of your cardio circulatory system, heart, blood vessels, veins and arteries.** Thanks to the extract in Ondalium we have created Circul, a product that improves your cardio-circulatory system, since it helps the normal functioning of the cardiovascular system.
- 2. Improve your blood circulation and your microcirculation.**
- 3. It helps you maintain a healthy blood pressure.**
- 4. Actively participates in the metabolic balance of fats and cholesterol.**
- 5. It contributes to the balance of energy, improving your balance of glucose and insulin in the blood and the body.** Our reference Antiox is designed for athletes, as it is a powerful antioxidant, so it helps before and after exercise.
- 6. Help fight stress.** We have designed Calm to promote your relaxation and physical and mental well-being. It is indicated to calm nervous system problems, as it helps maintain a good emotional balance, improves your response to stress, promotes irrigation and oxygenation of the brain and provides a large number of antioxidants. In addition, it is good for the digestive system and other organs that intervene in symptoms of nervous origin, such as the lungs, heart or kidneys.
- 7. It has an important capacity to strengthen your immune system.** With Immuno-Alerg, you can contribute to the normal functioning of the immune system in cases of allergy and food intolerances, as it acts on the immune system.
- 8. It has antibacterial and antiseptic effect,** helping to avoid bronchitis and to improve asthma and allergies, making it a great protector of the respiratory system.
- 9. It favors the balance of the bacterial flora in the intestine.** In this sense, our R & D laboratory has developed Digest-Detox, which is especially indicated for the improvement of digestive ailments, such as abdominal swelling and slow or heavy digestion. It has a great power as chelator of heavy metals and other toxic, so it is a specific product for the digestive and detoxifying system.
- 10. It contains a prebiotic action,** reducing gastrointestinal discomfort and strengthening the immune system.
- 11. Participate in maintaining the healthy function of your respiratory system.**
- 12. Helps to fluidize your bronchial, throat and nasal secretions.** Our Ecological Black Garlic Concentrated Liquid Extract supplement can help you at this point.
- 13. Contributes to maintain the healthy function of the liver and gallbladder.** You can try our Depur product to achieve general well-being, since it favors the neutralization and elimination of external and internal toxins, helping the liver, biliary, pulmonary and renal clearance.

Based on all these health benefits, we have created our range of food supplements, which you can know through our [website](#) and whose references we have just listed one by one, so you know all its properties.

Enjoy good health thanks to black garlic!

