

# AUTUMN WITHOUT COLD: STRENGTHEN YOUR DEFENSES WITH BLACK GARLIC EXTRACT

November, 28th 2018

In autumn our defenses tend to weaken, and our health is exposed to the viruses and diseases of the season. It is important that during this period, which is characterized by colds and asthenia, our body consumes nutrients that suppose a support to our immune system.



A traditional remedy already known is common garlic, which in antiquity was a classic in all the pharmacies, since it was used to treat flu, colds and other respiratory conditions.

Some of its properties are reinforced if we talk about black garlic, so its consumption can help maintain a strong immune system.

How? Discover 7 of its benefits:

1. **Helps to improve defenses** <sup>1</sup>: Recent research suggests the potential of black garlic to strengthen the immune system, since it promotes the production of lymphocytes and interferon gamma.

2. **Antimicrobial activity** <sup>1</sup>: Components such as allicin, ajoenos or diallyl trisulfide can be effective to fight some types of fungi and bacteria.
3. **Promotes the creation of antibodies** <sup>2</sup>: It has Alanine, an amino acid that, among other functions, stimulates the creation of proteins of the immune system (antibodies)..
4. **Contributes to neutralize bacteria, parasites and viruses** <sup>3</sup>: This is due to Serine, which promotes the formation of immunoglobulins and antibodies, which are responsible for fighting against these microorganisms.
5. **Its composition is rich in vitamins**: among others, it contains C (Ascorbic Acid) and B6 (Pyridoxine), which intervene in the prevention of infections and in the production of antibodies, respectively.
6. **Helps prevent colds, seasonal flu, pneumonia and other infections** <sup>4, 5,6</sup>: Some studies indicate that black garlic helps to avoid these conditions. Specifically, according to a study by the University of Hirosaki (Japan) of 2009, this superfood can improve the function of immune cells and, in part, be responsible for reducing the severity of symptoms of colds and flu reported during the study.
7. **It is a source of antioxidants** <sup>7</sup>: It is rich in polyphenols, chemical substances present in plants, which act as antioxidants for them and for the animals that consume them. Among many other properties, they increase the activity of other antioxidants, such as vitamin C. This helps keep us healthy and strengthen our immune system.

The fluid extract of black garlic helps to promote all these properties, being also the format that offers greater bioavailability.

Do not wait for fall to catch you off guard and keep your defenses alert!



## Referencias:

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