

Garlic

Allium sativum L.

[Fam. Liliaceae]

OVERVIEW

In the U.S. and Western Europe, garlic is one of the most popular substances used to reduce various risks associated with heart disease. Most of garlic's popularity is based on the herb's well-known folk uses and scientific research on the benefits of garlic for heart health. These health-promoting benefits may be experienced by using garlic as both a food ingredient and a dietary supplement.

USES

For slightly reducing elevated levels of cholesterol in the blood; prevention of hardening of the arteries; improvement of blood flow; mild hypertension (high blood pressure); possible prevention of stomach and colon cancer; supportive therapy for peripheral arterial occlusive disease (PAOD, poor circulation to the legs causing tightness and pain in the calves when walking).

DOSAGE

Long-term treatment is generally advised in the prevention of atherosclerosis and in the prevention and treatment of peripheral arterial vascular diseases. Epidemiological findings (population studies) support long-term, consistent use for the possible prevention of stomach and intestinal cancers.

FRESH, MINCED GARLIC: 1 clove daily.

INFUSION: 1 clove in 150 ml of hot water.

GARLIC POWDER (standardized): 200–300 mg, 3 times daily (in pill or tablet form).

AGE™ AGED GARLIC EXTRACT (standardized): 300–800 mg, 3 times daily or 1–5 ml daily (in capsules).

Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.

CONTRAINDICATIONS

None known according to the German Commission E and other leading scientific bodies. According to the World Health Organization, patients with a known allergy to garlic and those taking anticoagulant drugs like warfarin (Coumadin®) should be cautious about ingesting garlic. Garlic should not be taken prior to surgery (at least one week) as it may interfere with blood clotting.

PREGNANCY AND LACTATION:

There are no known restrictions during pregnancy or lactation. However, some of garlic's properties are transmitted to human milk, leading to improved drinking habits in infants.

ADVERSE EFFECTS

Being a commonly used food, garlic is relatively safe. Adverse effects are rare, but there may be gastrointestinal symptoms and changes to the intestinal flora (beneficial bacteria that aid in digestion). Allergic reactions have been reported for garlic and various generic preparations, but no adverse effects were reported for AGE according to toxicological and clinical studies. According to one report, garlic was associated with unusual bleeding after an operation. Garlic preparations

can increase clotting time, which is sometimes beneficial, but in some cases can contribute to an adverse event. Also, garlic may produce a characteristic odor on the breath or skin.

DRUG INTERACTIONS

Taking garlic with antiplatelet agents, like aspirin, and anticoagulants, like warfarin, may increase the potential for prolonged bleeding.



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