

# GARLISUN

## **Composition:**

**Garlic oil** – Garlic oil is an extraction from the *Allium sativum* plant. It has a wide range of therapeutic and pharmacological effects due to its organosulfur composition, especially Allicin.

According to studies, the most important sulfur compounds in garlic oil are:

- Allicin
- Diallyl trisulfide
- S-allyl cysteine
- Diallyl disulfide

Garlic oil has potent anti-inflammatory, cardiovascular protection, antibacterial / antifungal properties.

## **Indications:**

The most common uses of garlic extracts or garlic oils are in:

- Bacterial diseases due to *Escherichia coli*, *Nitro* spp, and *staphylococcus* spp
- Viral disease
- Fungal disease
- Parasitic conditions
- Atherosclerosis and other cardiovascular diseases
- Cancer and tumors
- Diabetes
- Hyperlipidemia
- Pulmonary edema

## **Functioning:**

GARLISUN is the best supplement for the prevention of several **cardiovascular diseases**. It can reduce **calorie intake** and manage the high levels of triglycerides in the body or the blood.

Three grams of garlic contains about:

- 2% of vitamin B6 for the daily value
- 1% selenium
- 0.06 grams of fiber

- 1% of the vitamin C
- 2% of the manganese as per the daily value

Garlic supplementation can fight hypertension and high blood sugar levels, which are the main risk factors for cardiovascular diseases.

According to the studies, garlic extract with 600-1500 mg of concentration was equally effective as that of the Atenolol medication for reducing hypertension in 24 weeks.

The quantity of LDL and HDL can greatly affect the working of the body. HDL is the **good cholesterol** that is required by the body to function properly. Garlic supplements help increase HDL concentration and decrease LDL (bad cholesterol) to improve cardiovascular symptoms.

Studies claim that with the help of garlic supplementation, you can improve your athletic performance, heart rate, and exercise capacity as well.

**Prescribing information:**

**Dosage:**

One capsule of GARLISUN contains:

- 1000 mg of garlic oil

The recommended dosage of GARLISUN is one capsule per day.

**Side-effects:**

Patients may experience slight nausea, heartburn, and constipation.

**Contraindications:**

No absolute contraindications

**References:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3874089/>

<https://www.tandfonline.com/doi/abs/10.1080/10412905.2013.868329>

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