

Product Profile

GARLIC

Allium sativum

Liquid extract of fresh whole bulb.

Actions: Antiseptic (antibacterial and antifungal). Metabolic stimulant. Clears phlegm; expectorant. Reduces cholesterol. Inhibits platelet aggregation ("thins the blood").

Uses: Heart disease associated with high cholesterol, fatty deposits and arteriosclerosis; high blood pressure. Infections of eyes, ears and throat; respiratory infections, coughs and hoarseness; colds and flu. Obesity.

Dose: Take 30 to 40 drops, 2 to 3 times per day. Mix with 20 drops of Peppermint Spirits to moderate Garlic odor.

Cautions: Discontinue, lower dosage or combine with Peppermint Spirits if digestive upset occurs. Avoid use in cases of inflamed stomach. May impart taste or odor of garlic to breast milk.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.