

HISTORY OF GARLIC

It is thought that Garlic originated in the Kirgiz Desert in Siberia around 7000 years ago. It was imported into Ancient Egypt to feed the slaves who built the pyramids and to keep them fit, healthy and free from infections. Since that time garlic has played an important part in almost every civilisation across the globe. In Ancient Greece, garlic was consumed in large quantities to improve circulation and build strength. In traditional Chinese Medicine garlic was the mainstay for many common ailments. In the last 50 years an enormous amount of research has been published all over the world to confirm the many beneficial properties of garlic and the components that are generated when garlic is cut, crushed, cooked or processed.

WHAT IS ALLICIN?

When fresh garlic is cut or crushed, a sulphur compound, alliin (alli-een) combines with an enzyme, allinase and a chemical reaction starts. The first compound that is formed is alliin. Unfortunately, alliin generated from fresh garlic is very unstable and quickly changes into a series of other sulphur containing compounds known as thiosulphinates. Alliin is the one compound that is always described as the "mother" substance and responsible in total or in part for many of the properties attributable to garlic! Large quantities of fresh or cooked garlic would have to be consumed to get as much benefit from a simple continuous course of AlliinMAX™

HOW IS AlliinMAX™ MADE?

New AlliinMAX™ is made in the same way that alliin from fresh garlic is formed but a special flood reaction system using only water is able to produce large quantities of stable alliin. The liquid is then carefully dried, under controlled conditions, to maintain its potency. This sophisticated refinement process has for the first time allowed us to capture garlic's active component and deliver it directly to where your body needs it.

HOW DOES AlliinMAX™ DIFFER FROM OTHER GARLIC SUPPLEMENTS

No other garlic supplements contain ANY alliin. They rely on your body being able to generate alliin once you have swallowed the tablet or capsule. Garlic oil supplements are produced by distilling fresh garlic, the oil that is produced is then diluted and placed into a capsule. This destroys most, if not all of the available alliin. A few garlic powder supplements can generate some alliin but this depends on the prevailing stomach conditions and may take several hours to accomplish conversion to alliin. AlliinMAX™ doesn't need to wait to be converted since it actually IS alliin. When AlliinMAX™ enters your stomach it dissolves for easy absorption into the blood stream and breaks down to form alliin derivatives. The alliin in AlliinMAX™ likes the acid environment of your stomach, unlike other supplements that can be inactivated by acidic conditions.

HOW MUCH AlliinMAX™ DO I NEED TO TAKE?

Just one capsule of AlliinMAX™ taken each day with a little cold liquid during your main meal will provide enough alliin for your general health and well being. If you feel a cold coming on or are suffering from a known infection then you can take as many as 10 or more in one go or repeatedly to relieve the symptoms. Continue to take an increased dose for as long as you feel a benefit and then return to the maintenance dose of 1 capsule per day. Each capsule contains 180mg of alliin powder and people from around the world routinely take 10 times this dose to help with serious conditions.

HOW DO DIFFERENT GARLIC SUPPLEMENTS COMPARE?

The following table shows how various types of garlic supplement are made, whether they can produce alliin in your body or not and what published clinical evidence they have for treating microbial infection (bacterial, fungal, viral or parasitic).

Type of supplement	Fresh garlic source declared on pack	Process to manufacture supplement	Alliin potential	Published blinded clinical anti-microbial data
Garlic Oil	No	Steam distillation	No	No
Aged Garlic	No	Aged over 2 years	No	No
Garlic powder	Sometimes	Cloves chopped and dried under pressure and temperature control	Very little as stomach acid protection is needed	No
Alliin powder extract ALLIINMAX	No	Patented process makes stabilised alliin	Yes, Alliin guaranteed with every dose	Yes

Table 1 - Types of garlic supplement found on Healthfood Store shelves

CARDIOVASCULAR PROPERTIES

Successful clinical use of garlic for treating elevated blood pressure and arteriosclerosis has been known since the early part of this century. It has been reported that regular garlic intake causes both a prolonged lowering of hypertension and an improved sense of well-being in patients. As early as 1928, definite blood pressure decreases were achieved as well as increases in productive heart power with garlic therapy.

ANTIBACTERIAL ACTIVITY OF ALLICIN

The antibacterial properties of crushed garlic have been known for a long time. Various garlic preparations have been shown to exhibit a wide spectrum of antibacterial activity against Gram-negative and Gram-positive bacteria including species of Escherichia, Salmonella, Staphylococcus, Streptococcus, Klebsiella, Proteus, Bacillus, and Clostridium. However, very few have shown ANY benefit in human studies, until the advent of AlliinMAX™, where published evidence shows significant antibacterial activity. Even acid-fast bacteria such as Mycobacterium tuberculosis are sensitive to alliin as is Helicobacter pylori the cause of gastric ulcers. AlliinMAX™ may also prevent the formation of Staphylococcus enterotoxins. Scientists, Cavallito and Bailey were the first to demonstrate that the antibacterial action of garlic is mainly due to alliin. The sensitivity of various bacterial and clinical isolates to pure preparations of alliin is very significant. The antibacterial effect of alliin is of a broad spectrum. In most cases the 50% lethal dose concentrations were only slightly higher than those required for some of the newer pharmaceutical antibiotics. Interestingly, various bacterial strains resistant to antibiotics such as methicillin resistant Staphylococcus aureus as well as other multi drug resistant enterotoxigenic strains of Escherichia coli, Enterococcus and Shigella dysenteriae were all found to be sensitive to alliin.

AlliinMAX™

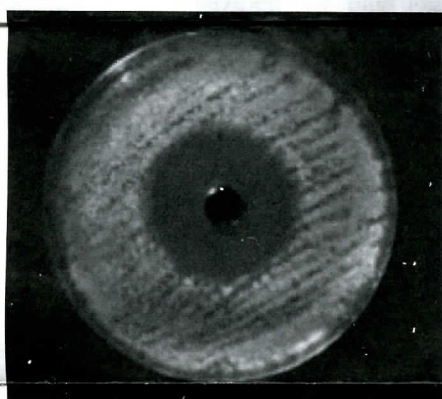
100% ALLICIN Yield Guaranteed

Congratulations - You've just bought the most unique garlic supplement in the world!

CLINICAL TRIALS

Most recently the University of East London has shown that aqueous extracts of allicin when formulated into a simple spray are able to kill vast swathes of the so called "superbug" MRSA (methicillin resistant *Staphylococcus aureus*). This nasty bacterium is forever changing its structure and developing resistance to many pharmaceutical antibiotics. This may have a significant effect on people who suffer from skin diseases such as eczema and acne as this bacterium is 6 to 7 times more likely to colonise these patients. So, Alliderm™ Gel can be used all over the body both as a moisturiser and cleanser. A daily application will also protect the skin surface from picking up bugs! Alliderm™ Gel may be used from head to toe for any type of topical condition that causes a problem.

Methicillin resistant *Staphylococcus aureus* with allicin gel added (Alliderm™ gel) showing a large zone of inhibition.



A double blind placebo controlled trial using AllicinMAX™ has reported that allicin can reduce the occurrence of the common cold and the number of days needed to recover from symptoms.

TREATMENT One capsule per day with food	COLDS	INFECTED DAYS	RECOVERY PERIOD DAYS
ACTIVE (ALLICINMAX®)	24	111	1.56
PLACEBO	65	366	5.6

AllicinMAX™ has the potential to assist the immune system in a number of different ways, stimulating immune cells, killing pathogens and detoxifying carcinogens. Although the compound can be obtained directly from fresh garlic bulbs, one would have to regularly eat large amounts of cooked

garlic to obtain any beneficial effect and few of us can eat large amounts of raw garlic as this irritates the stomach lining.

CONTRAINDICATIONS

Taking too much garlic may hinder blood clotting and it would be sensible for people already on anticoagulants or those about to undergo surgery to advise their medical team before starting therapy with ANY garlic supplement but contrary to popular belief it is not a contra-indication. Garlic can also cause reactions in people who are allergic.

CHILDREN'S DOSAGE

AllicinMAX™ is not recommended for children under 3 years of age because they have not yet fully developed their immune system. For children between the age of 3 and 7 years, half the adult dose is suggested (each AllicinMAX™ capsule can be easily pulled apart to offer reduced intake). For children over 7 years old the full adult dose is recommended. When increased doses are suggested then anyone over 7 years old can take an increased dose.

SAFETY AND TOXICOLOGY

Government approved tests show that as many as 777 capsules in one dose could be taken without detrimental effects!

For more information on AllicinMAX™ please contact:

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Ingredients:

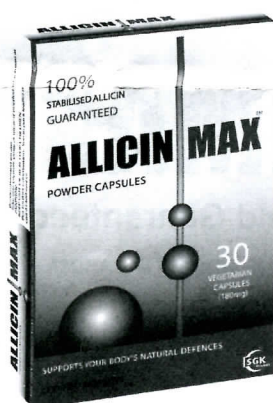
Each capsule contains: non GM maltodextrin, allicin. Capsule shell is of plant origin.

SUITABLE FOR VEGANS OR VEGETARIANS

AllicinMAX™ is free from artificial colouring, artificial flavours, salt, nuts, dairy, gluten and preservatives.

HELP LINE

If you need help deciding how much AllicinMAX™ or Alliderm™ to use and what results you can expect please telephone our helpline on 0844 357 7337



Alliderm

100% **ALLICIN** Yield Guaranteed

Alliderm™ Gel | **AllicinMAX™**