



The best quality of **Black Garlic**  
in comparison with ordinary garlic  
is that **all garlic benefits are  
enhanced, specially as a  
cancer preventer.**

## BLACK GARLIC

Healthy and natural food, without any kind of preservative or additive,  
obtained out of a natural fermentation process of 60 to 90 days.



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[www.cancer.gov/about-cancer/causes-prevention/risk/diet/garlic-fact-sheet](http://www.cancer.gov/about-cancer/causes-prevention/risk/diet/garlic-fact-sheet)



THE NATURAL HEALTH



## Know **more about** Black Garlic

From the old times, solitary and not connected cultures concluded the same profitable and health keeping effects of black garlic.

Nowadays, it's scientifically proven that garlic contains certain substances which improve human health.



Garlic, amongst other benefits, has proven antibiotic, antioxidant, hipo-cholesterol effects and it's also cancer preventer.

Black garlic comes from fresh plain garlic. After a fermentation process with high temperature, it gets the final black color and a sweet delicate flavor. It's not itchy to palate, the aroma turns subtle and its benefits get concentrated and enhanced compared to normal garlic.

**Black garlic contains 18 out of the 20 existent amino acids. 8 of them are essential for the human body.**

There are substances that our bodies can't produce by themselves and we must add them to our nutrition. A lack of these substances decreases our defense level and turns us weaker and depressed.

# 10 Main **benefits** of Black Garlic

Black Garlic's natural fermentation process boosts the healthy benefits of garlic in our human body. It multiplies the positive effects to our organisms in an exponential way.



Non additive or flavor booster is added to this product, just a natural fermentation process starting from fresh garlic.



- 1 - **Decreases** cholesterol rate
- 2 - **Delays** the aging process
- 3 - **Prevents** hypertension
- 4 - **Strengthens** body immunity
- 5 - **Protects** the liver
- 6 - **Regulates** sugar in blood
- 7 - **Improves** insomnia
- 8 - **Stops** constipation
- 9 - **Fights** fatigue
- 10 - Cancer **preventer**

