


The heart of the matter



Ancient wisdom and modern
thinking to support a healthy
cardiovascular system



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About Kyolic® Aged Garlic Extract™:

Kyolic® originated from time-tested organic farming techniques free from pesticides, herbicides and chemical fertilizers. Organic cultivation is essential to grow pure and natural garlic bulbs which are well balanced in nutrients. Harvested at full maturity, the garlic cloves are naturally aged to convert harsh and odoriferous compounds such as allicin, into mild, odorless and stable water-soluble sulfur containing compounds which offer cardiovascular benefits.



Heart protection now

1 in **4**
Americans
die from
heart disease.

—Centers for Disease
Control and Prevention

I

t's never too soon to start thinking about taking care of your heart. "By far, the biggest killer of both men and women in the United States is atherosclerosis, which causes heart attacks, strokes and heart failure," says Howard Schwartz, MD, an integrative cardiologist in New York. Atherosclerosis is the build-up of fatty deposits (plaque) in arteries that restricts the flow of blood through arteries and raises blood pressure, causing further damage.



Reduce your risk

The good news is that having a healthy lifestyle can go a long way toward reducing risk of heart disease. In fact, new research suggests that healthy aging of blood vessels may be possible even in people 70 years and older. Unfortunately, that's uncommon with today's Western diet and lifestyle.

When scientists followed 3,196 adults from the Framingham Heart Study starting in their 20s, they found that by age 50, only 30 percent of the people had healthy arteries. By age 70, only 1 percent of people had healthy arteries. An unhealthy lifestyle can catch up with you sooner or later.

If heart disease runs in your family, you may blame your genes. Although genetics do play a role, research confirms that a healthy lifestyle can go a long way in offsetting this risk.

People who follow a heart-healthy lifestyle could cut their risk of cardiovascular disease by more than 80 percent.

Recently, researchers looked at medical data and genetic risk of 55,685 adults. They found that people following a healthy lifestyle had nearly a 50 percent lower risk of heart attacks and other heart events compared to people with an unhealthy lifestyle, regardless of their genetic risk. The two biggest lifestyle factors in healthy cardiovascular aging were keeping a healthy body weight and avoiding high blood sugar (type 2 diabetes).

So, don't wait to protect your heart, regardless of whether or not cardiovascular disease runs in your family. "If you don't want to depend on medications and procedures, seek an integrative approach to heart health that not only includes a healthy diet and physical activity, but also stress reduction and the use of specific dietary supplements, as appropriate," Schwartz says. This guide will show you how.

Life's simple **7**

The American Heart Association calls a healthy lifestyle for optimal heart health "Life's Simple 7." This consists of:

- 1. Maintain a healthy weight.** Being at a good weight for your height is key to healthy blood pressure, blood sugar, cholesterol and triglyceride levels.
- 2. Manage your blood pressure.** A healthy blood pressure is less than 120/80 millimeters of mercury (mmHg). High blood pressure is when it's 130/80 mmHg or higher.
- 3. Control your cholesterol.** If your cholesterol levels (particularly LDL and total cholesterol) are too high, you're at greater risk of atherosclerosis, which makes arteries narrower and stiff.
- 4. Control your blood sugar.** Keep fasting blood sugar levels below 100 mg/dL. If blood sugar is too high, it can damage your blood vessels over time.
- 5. Eat healthy.** A Mediterranean-style diet is generally advised for heart health. (See page 13)
- 6. Get regular physical activity.** Aim to get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity (or a combination) each week.
- 7. Avoid smoking.** Risk of a heart attack increases by more than 5 percent for every cigarette smoked daily, compared to non-smokers. Regular exposure to second-hand smoke also increases heart disease risk.



Types of heart disease

There are different types of heart disease. Some of the most common ones are:



Coronary artery disease: Plaque in arteries in or leading to your heart, which increases your risk of heart attack.



Atrial fibrillation (arrhythmia): A quivering or irregular heartbeat. It can lead to blood clots, stroke, heart failure and related problems.



Carotid artery disease: Plaque in your neck arteries that supply blood to your brain. This can lead to a stroke.



Heart failure: When your heart doesn't pump blood as well as it should. It is most commonly caused by atherosclerosis and hypertension (high blood pressure).



The mind/heart connection

When you visit your doctor's office for a yearly check-up, it's common for them to check your blood pressure, cholesterol and blood sugar. That's important. But so is taking stock of your mental outlook. Unfortunately, that usually gets little, if any time, in a typical doctor's visit.

"There isn't a quick test to assess mental health factors that affect heart health, including stress, anxiety, depression and loneliness, but these factors are very important," says Mimi Guarneri, MD, an integrative cardiologist in La Jolla, California, and author of *108 Pearls to Awaken Your Healing Potential* (Hay House, Inc., 2017).

"For example, people who are depressed are less likely to comply with lifestyle change recommendations, less likely to eat well and less likely to exercise." Similarly, people who are stressed may develop unhealthy coping mechanisms, such as dipping into a carton of ice cream.

Practicing transcendental meditation may reduce systolic blood pressure by about 4 mmHg and diastolic pressure by 2 mmHg.

Your body under stress

Stress itself has direct effects in your body. "When you're under stress 24/7 and your body is producing stress hormones such as adrenalin and noradrenaline, they can contribute to weight gain around your waist, raise blood pressure, raise cholesterol and so on," Guarneri says. "Just about every risk factor for heart disease is impacted by stress and anxiety via your stress hormones."

Unfortunately, some people just accept stress as a part of life that they can't do anything about. "Stress should not be accepted," Howard Schwartz, MD, says. "Instead, people need to learn how to reduce the damaging effects of stress in their lives."

Learning to cope with stress and minimize its damaging effects isn't a one-size-fits-all solution. "People need to explore different options to discover what works best for them," Schwartz says. "Someone might really benefit from a mindfulness practice, whereas someone else might benefit from going on walks or journaling. The solution may be one of these things or a combination of them."

Breathing your way to mindfulness

You may hear a lot about mindfulness, but what exactly is it? "Mindfulness is just being present, focusing on the here and now instead of letting your mind race," Guarneri says. "Mindfulness can be as simple as taking time out to focus on your breathing. Just learning to control your breathing when stress creeps in helps control your autonomic nervous system, which is involved in producing stress hormones."

A popular relaxation technique is to breathe in for four seconds, hold the breath briefly and then breathe out for a count of eight seconds. "When you take time out to focus on your breathing like this, it shifts your body into a more relaxed state," Guarneri says.

A tip that Schwartz gives patients when teaching them the breathing exercise is to focus on the sensation of air coming in and going out through their nostrils and the sensation of their belly going in and out. These actions help you focus your attention on your breathing instead of your worries.

"A mindfulness practice like breathing creates space or the ability to pause so you can become more aware of what's triggering your stress response," Schwartz says. "So, rather than going into automatic mode and reacting to the stressor, you can step back and choose a healthier response to it."

Reframe how you think

"Your thoughts and words are powerful," Guarneri says. "They affect your own well-being as well as those around you. Positive thoughts can be healing, while negative thoughts can be quite damaging. What you think about expands, because that's where you're putting your energy."

When you think negative thoughts, you subject your body, mind and spirit to these negative emotions. "For example, when you have thoughts of anger or hate, your body responds as if it's going into battle, flooding your bloodstream with stress hormones," Guarneri explains. Not surprisingly, studies have linked pessimism with higher blood pressure.

Fortunately, optimism and positive thinking can be learned. Experts think that only about 25 percent of our optimism level is inherited. That's less than for most personality traits. Just like people might practice free throws to improve their basketball game, you can make a habit of practicing things that lift your mood, such as keeping a gratitude journal, performing a random act of kindness or connecting with others. That gives you an arsenal of positive energy to fall back on when the going gets tough.

"Many people have what we call 'monkey brain,'" Guarneri says. "Just as a monkey jumps from tree branch to tree branch, people's minds tend to jump from thought to thought. Silently repeating a mantra or sacred word can help you break that stressful thought pattern."





Find your path to inner peace

There are different paths to peace. Here are some ideas Guarneri suggests you consider:

Meditation. Types of meditation vary. In mindfulness meditation, you focus on your breathing. In another popular form, called transcendental meditation, you calm your mind by silently repeating a mantra with your eyes closed. A mantra is a word, phrase or sound, such as “shalom” (meaning peace).

Centering prayer. If you’re religious, this approach may appeal to you. With your eyes closed you silently repeat a Christian word of one or two syllables, such as “Jesus” or “Amen,” which is chosen during a short prayer.

Tai chi or yoga. Such meditative activities may appeal to you if you enjoy movement or being active. Tai chi promotes relaxation through gentle, flowing movements. Yoga involves specific poses and can help calm your mind.

A walk. Choose somewhere relaxing, such as a nature trail, rather than a busy street. Another option is a labyrinth, which is a spiral path or maze that you can use for slow, meditative walking. To locate a labyrinth near you, try labyrinthlocator.com.

Connect. Good relationships, such as with family, friends and colleagues, are essential to your well-being and happiness. “Loneliness is an independent risk factor for heart disease,” Guarneri says. If your social ties are limited, consider connecting with others through groups with similar interests, religious organizations or volunteer work.

Gratitude. This can take different forms. For example, keep a gratitude journal, write a note of thanks or tell someone how grateful you are.

Positive affirmations. Practicing affirmations, such as, “I’m healthy, I’m well, I’m strong,” is really reinforcing in your subconscious mind, Guarneri says. She recommends repeating your affirmations multiple times throughout the day. If a negative thought creeps in, immediately replace it with a positive affirmation.



Supplementing for your heart

Dietary supplements can help support a healthy heart. Studies suggest numerous supplement ingredients, such as Aged Garlic Extract™ (AGE), hawthorn berry and phytosterols, could play a role. Depending on your current heart health status, supplements can either be used alone or in addition to prescription heart medications. In some cases, the use of supplements may enable your doctor to decrease the dose of prescription drugs that you need. Here's a closer look at some supplements that may help support your heart health.

Why choose aged garlic extract?

In studies, aged garlic extract is the type of garlic supplement that has been most consistently shown to have favorable effects on heart health. Kyolic® Aged Garlic Extract™ is produced through an exclusive aging process that eliminates garlic odor and harsh side effects. A heart-healthy dose is 1,200 mg daily.

"I recommend garlic supplements for heart health, but be sure to get one that is odorless, such as Kyolic," says Patrick Fratellone, MD, an integrative cardiologist in New York. "If you eat garlic, its odor can be released through your skin. That's a problem for some people, so an odorless supplement is a good alternative."



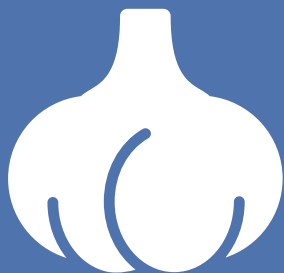
Heart-health all-star: spotlight on garlic

If a garlic supplement isn't already part of your heart health arsenal, hundreds of scientific studies suggest it should be. In fact, AGE is one of the most heavily researched herbal medicines today and is among the most commonly used supplements in people with heart disease. Numerous studies suggest aged garlic extract may help improve risk factors for heart disease, including:

- **Supporting healthy blood pressure levels.** Studies have shown that garlic lowers systolic blood pressure 7 to 16 mmHg and diastolic pressure 5 to 9 mmHg, compared to a placebo.
- **Keeping bad cholesterol in check.** Total cholesterol has been reduced by 7 to 29 mg/dL in garlic supplement studies, compared to a placebo. Scientists suggest this mild to moderate reduction may be helpful when added to statin medications or for people who can't tolerate statin drugs.
- **Protecting LDL (bad) cholesterol from oxidation.** Oxidized LDL is toxic to the cells lining your arteries and contributes to the buildup of plaque.

- **Increasing adiponectin.** That's a hormone that helps protect against inflammation and atherosclerosis, as well as helping improve insulin sensitivity and the management of blood sugar.
- **Thinning your blood.** Garlic helps decrease stickiness of platelets, which are the components of blood involved in clotting. (So, if you're taking a blood thinning medication like warfarin, consult your doctor before taking garlic supplements.)
- **Staving off plaque in arteries.** Preliminary evidence suggests aged garlic extract not only may help prevent plaque build-up in arteries, it may even help reverse it a bit.

What's in garlic that produces beneficial effects isn't completely clear. Although scientists used to think that a sulfur-containing compound from garlic called allicin was the active ingredient responsible for heart health benefits, numerous studies suggest it may be any number of compounds in garlic contributing to the benefits.



WHAT IS AGE?

Aged Garlic Extract is a research-backed, odorless ingredient produced by extracting and then aging fresh garlic in order to increase potency and improve the ingredient's stability and health-promoting properties.



More heart support

AGE supports many aspects of heart health, but several other herbs and nutrients can also help. Remember that it's best to work with your doctor in selecting appropriate heart supplements and doses, especially if you're also taking medications that could cause interactions. Your doctor can also do repeat blood testing for things such as cholesterol and triglycerides and adjust the dose or type of supplements as needed.

LECITHIN

This compound, derived from soybeans, may help support healthy cholesterol levels. In a small study of people with high cholesterol, taking 500 milligrams (mg) of soy lecithin daily resulted in lowering total cholesterol by 42 percent and LDL cholesterol by 56 percent after two months, while people taking a placebo pill had no significant changes in these cholesterol values.

Lecithin may help lower blood cholesterol by decreasing absorption of cholesterol in your gut and/or by promoting secretion (and eventual excretion) of cholesterol-containing bile.

VITAMIN E

This fat-soluble vitamin, which the vast majority of us fall short on, helps support healthy circulation. It does this by helping thin your blood. At the same time, you shouldn't go overboard on vitamin E. More is not better. Patrick Fratellone, MD, recommends limiting supplemental vitamin E to 800 IU per day. And if you're already taking blood-thinning medication, consult your doctor first.

When selecting a vitamin E supplement, look for the natural form, which is d-alpha-tocopherol. Avoid the synthetic form, which is dl-alpha-tocopherol. (Hint: Think about the "dl" in the name as standing for "don't like.")

CAYENNE PEPPER

This herb contains capsaicin, which is what makes it hot and spicy. This compound may also contribute health benefits, including supporting overall heart health and metabolism (calorie burning). Capsaicin also helps support healthy circulation because it has anti-clotting actions and helps dilate arteries.

GAMMA-AMINO BUTYRIC ACID (GABA)

GABA is a nerve messenger that has a calming effect, helping you cope with stress and anxiety. PharmaGABA is a natural form of GABA produced with the help of beneficial bacteria and can be purchased as a supplement. Getting enough vitamin B6 can help your body produce GABA.

HAWTHORN BERRY

This herb helps support healthy blood pressure and heart rate, as well as supporting healthy pumping function of the heart and circulation.

"This is a key herb for heart health, but it should really be taken under the guidance of a doctor knowledgeable about it," Fratellone says.

"It can interact with other blood pressure medications, including beta blockers. That could result in lowering your blood pressure too much."

B VITAMINS

Three B vitamins—vitamin B6, vitamin B12 and folate—help promote a healthy homocysteine level. "Homocysteine is a harmful amino acid derived from methionine in foods like eggs, meat and nuts," Fratellone says. "To convert homocysteine into harmless products, you need enough vitamin B6, B12 and folate. If you're deficient in any of those vitamins, your homocysteine level will be too high. Homocysteine can cause premature damage to arteries, especially the carotid arteries of the neck. That can increase stroke risk." Fortunately, you can ask your doctor to check your homocysteine level with a simple blood test.

COENZYME Q10 (COQ10)

CoQ10 is a natural compound made by your body and has antioxidant actions. That's not all. "CoQ10 is an energy generator that enhances your heart's pumping ability," Fratellone says. Your body naturally makes some CoQ10, but it makes a limited amount.

CoQ10 is especially important to take if you're on a statin drug. "It's been known since the 1970s that when you take a statin drug to lower cholesterol, you deplete CoQ10," Fratellone says. Still, some doctors may not be aware of this or don't address this with a supplement.

RED YEAST RICE

This is a fermented rice supplement produced by growing red yeast (*Monascus purpureus*) on white rice. "Red yeast rice contains a small amount of a naturally occurring statin that lowers cholesterol," Fratellone says. "So, it works like a statin drug by blocking an enzyme that is involved in making cholesterol."

Fratellone cautions that if you've had side effects from taking a statin drug, such as muscle aches and weakness, you should be cautious with red yeast rice, especially high doses (such as 2,400 mg), as you may experience side effects from the supplement, too. He encourages people to ask their doctor for a genetic test to determine their tendency for statin-induced myopathy. This will tell you if you're more likely to have side effects from statins and red yeast rice. If you do take red yeast rice, it's a good idea to also take CoQ10 because statins lower this important compound.

Understanding phytosterols, alternatives to cholesterol-lowering drugs

Phytosterols are compounds naturally found in the cell membranes of foods from certain plants, and they have a chemical structure that's similar to cholesterol. Because of that, they can compete with cholesterol for absorption in your gut, which may help lower LDL (bad) cholesterol in your bloodstream.

You consume small amounts of phytosterols when you eat vegetable oils, nuts, seeds and whole grains. Typical daily intake of phytosterols from foods ranges between 167 to 437 milligrams.

Foods containing at least 0.65 grams (650 mg) per serving of plant sterol esters, eaten twice a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering cholesterol levels. Phytosterol supplements can help you reach that daily goal.

Studies have shown that, on average, phytosterol supplementation produces an average decrease in LDL cholesterol of 5 percent to 15 percent, with greater decreases shown with higher doses (2 grams per day). Notably, there is also individual variation in how much people respond to phytosterols. Genetics and other factors may play a role.

For maximum benefit, it's generally advised to take phytosterol supplements with meals and split your daily dose so you take the supplement two or three times a day.



Heart-friendly eating

“It’s essential to have a healthy diet if you want to support heart health,” says Howard Schwartz, MD. “I recommend a Mediterranean-style diet with sufficient amounts of nutrients, fiber and healthy fats.” In a systematic research review, the Mediterranean diet was ranked by scientists as the most likely eating pattern to protect against heart disease.

A Mediterranean diet really isn’t too different from what you probably already think of as a healthy way of eating. It recommends:

- Plenty of: vegetables, whole fruits, nuts, extra-virgin olive oil, whole grains and herbs
- Moderate intake of: fish, chicken, turkey, eggs and dairy products
- Low intake of: red meat, processed meats and sweets.

Unfortunately, typical Western eating habits are the opposite of these guidelines. People tend to eat too much of the foods they should limit and not enough of the foods they’re advised to eat. That can significantly increase heart disease risk.

Allow fresh garlic to stand out before cooking, says Patrick Fratellone, MD. “That allows the formation of allicin, an active component of garlic associated with heart health benefits. Heating inactivates the enzymes needed to form allicin.” Between five and ten minutes should get the job done.



Choose healthy fats

Over the years, heart-healthy diet guidelines have shifted focus a bit as research has shed new light on what supports heart health. Whereas low-fat used to be the emphasis a few decades ago, now the emphasis is on choosing healthy, more unsaturated fats, such as in olive oil, nuts and avocados, rather than restricting all fat.

For example, in a recent study, people at high risk of heart disease who followed a Mediterranean diet that emphasized either mixed nuts or extra-virgin olive oil had about a 30 percent lower risk of major cardiovascular events (heart attack or stroke) in a five-year period compared to people on a reduced-fat diet.

Skip refined carbs

Besides easing up on dietary fat, nutrition experts are putting new emphasis on limiting carbohydrates, particularly refined ones such as white bread and baked goodies, refined pasta, white rice, sugary cereals and snacks, sugar-sweetened beverages and candy.

In fact, limiting sugar and white flour may be one of the most important things you can do for your heart. "An excess of refined carbs can raise your triglycerides and lower your HDL (good) cholesterol, increasing heart disease risk," says Patrick Fratellone, MD.

If your typical eating pattern tends to include too much of the foods you should limit and not enough heart-healthy foods, it's time to nudge it in the other direction. The next page lists some superfoods you should consider for your heart.

Not just what you eat... but when you eat

"You have a master clock in your brain and additional clocks in other parts of your body, including all of your organs, that are programmed to follow a cycle of daylight and darkness," says Marie-Pierre St-Onge, PhD, an associate professor of nutritional medicine at Columbia University Irving Medical Center in New York. "As part of this cycle, your body is more receptive to food intake and handling nutrients during the daytime compared to at night."

For example, your body is more sensitive to the actions of insulin earlier in the day. "Insulin helps direct energy fuels from food to different parts of your body," St-Onge says. "Your body is more likely to take glucose (sugar) and triglycerides (fat) out of your blood and store them in appropriate places during the day. If you're eating later at night when you're less sensitive to the actions of insulin, more of these nutrients stay in your circulation and can have harmful effects, including increasing heart disease risk."

There's not a magical hour in the evening after which eating is likely to be harmful. "There's individual variability in how well you can handle nutrients at night," St-Onge says. "But, in general you shouldn't eat too close to bedtime. A reasonable guideline is to stop eating 2 to 3 hours before bed."

For heart health, St-Onge also recommends having a more consistent intake of calories during the day rather than infrequent, large meals. She explains that large meals can spike triglycerides and blood sugar compared to smaller meals. That can damage arteries and increase heart disease risk.

However, if you are going to eat a larger meal, do it earlier in the day rather than later. "A recent study showed that people who consumed the bulk of their calories closer to bedtime tended to have higher body-fat stores than people who ate the bulk of their calories earlier in the day," St-Onge says.



Top 10 foods to support a healthy ticker

Food:	Why:	Try:	Aim for:
Nuts	Eating nuts may help lower LDL (bad) cholesterol. Two of the most nutritious nuts based on their omega-3 fat and vitamin E content are walnuts and almonds.	Besides eating them as a snack or in trail mix, sprinkle nuts on hot cereals, salads and stir-fry.	1 ounce (about ¼ cup) per day
Dark green vegetables	Broccoli, asparagus and leafy greens such as collards and spinach are excellent sources of the B vitamin folate, which helps keep levels of homocysteine, a risk factor for heart disease, in check.	Toss broccoli or collards with a bit of oil and roast them in a 350°F oven. Grill, bake or broil asparagus spears after brushing with oil.	1½ to 2 cups per week or more
Oily fish	These are excellent sources of omega-3 fats, which may help lower triglycerides and blood pressure, as well as reduce artery-damaging inflammation and increase HDL cholesterol.	High omega-3, low-mercury options such as wild-caught salmon, sardines and trout.	A minimum of 2 (3.5-ounce) servings per week
Extra-virgin olive oil (EVOO)	Besides its healthy monounsaturated fats, EVOO's high amount of polyphenols help decrease the inflammation involved in heart disease.	EVOO for sautéing, roasting and other cooking (up to about 420°F). Mix EVOO with vinegar to make homemade salad dressing.	1 to 2 tablespoons (of all oil types) per day
Beans	These hearty little gems are a good source of potassium and rich in fiber, including a type that helps decrease total and LDL cholesterol. Eating beans may also help lower blood pressure and improve blood sugar control.	Sprinkle shelled edamame (green soybeans) on a leafy green salad. Make lentil soup. Add rinsed, canned black beans to salsa.	A minimum of 1 to 1½ cups per week
Whole grains	Certain whole grains, including oats and barley, are good sources of soluble fiber, which can help in lowering cholesterol.	Make a batch of steel-cut oats and refrigerate the leftovers to re-heat for a quick breakfast. Cook a batch of barley or spelt berries and use as the base for other dishes, such as soup or pilaf.	3 servings per day (in place of refined grains)
Berries	Daily intake of berries, such as blueberries and raspberries, may help reduce total and LDL cholesterol, triglycerides and blood pressure, while potentially increasing HDL cholesterol. Additionally, the colorful anthocyanins in berries are powerful antioxidants and anti-inflammatory agents.	Fresh, frozen or freeze-dried berries (including berry powders). Add them to yogurt, oatmeal, salads and smoothies.	At least three (1-cup) servings of berries per week, preferably more
Avocado	In a review of 10 studies, eating avocado in place of other fats (primarily saturated fats) significantly reduced total and LDL cholesterol, as well as triglycerides.	Top salad with diced avocado instead of bacon. Drizzle avocado oil on a baked potato in place of butter and sour cream.	Replacing high-saturated fat flavorings with avocado
Garlic	In a recent observational study, older women who ate an average of 5 grams per day of allium vegetables, such as 1½ garlic cloves (or onions and leeks), were nearly 20 percent less likely to die of heart disease over a 15-year period.	Add chopped, raw garlic to homemade salad dressing or use it to flavor just about any vegetable, fish, meat or soup dish.	About 1 to 2 fresh garlic cloves per day
Green tea	Studies show a 5 percent decrease in heart disease risk per each cup of green tea you drink daily. Beneficial compounds (catechins) in green tea may modestly reduce total and LDL cholesterol.	Flavor green tea with a squeeze of fresh lemon or orange juice. Add steeped green tea instead of plain boiled water to a packet of instant oatmeal.	About 2 to 3 cups of green tea per day

Garlic Is Good. *Aged Garlic Extract* Is Better.



All garlic supplements are simply *not* the same. Our aging process results in a product that contains safe, stable, bioavailable compounds with antioxidant properties *not found in other garlic supplements*.



Kyolic is the most researched garlic supplement on the market.

The subject of over 800 peer-reviewed articles over 45 years, you can trust Kyolic organically grown Aged Garlic Extract™ to support your long-term preventative care goals, like healthy blood pressure, cholesterol and overall cardiovascular health.*

Our wide range of formulas incorporates healing herbs, vitamins and nutrients for immunity support, liver detoxification, inflammation response, cognitive health and more!*

Proven benefits *backed by science.*



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* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.