





# Garllium Appetizing super food



"Way to Healthy Life"



Alunt Agro Products Pvt. Ltd. Pune.

#### **About us**

Welcome to *Jwajri*, Pune's destination for *premium garllium (Black Garlic)* products.

Sourced from local farmers and processed through a meticulous fermentation process, our garllium is rich in flavor and packed with antioxidants and essential nutrients. Discover the unique taste and health benefits of garllium.

## **Our Products**

- Garllium-Peeled Black garlic
- Garllium-Black garlic Bulb



# Garllium (Black Garlic)

Garllium is a unique form of garlic that undergoes a natural fermentation process, transforming it into a black, soft, and sweetly flavored ingredient.

### Note:

- If taking medication, consult your doctor before consuming.
- During Pregnancy, kindly consult your doctor.

# Garllium (Black Garlic) **Sweet & Savoury** 100% Natural No Preservative addition **Benefits of Garllium** Anti-oxidant rich Improves heart health Reduces the risk of chronic diseases Regulates blood glucose **Protects** brain health How to use garllium? Consume 2-3 black garllium cloves daily. Can be added to food as toppings.

# **Health Benefits of Garllium**

#### 1. Improves heart health

Homocysteine, a type of amino acid produced in the body, can damage blood vessel walls and threaten cardiovascular health. Research suggests that Garllium can effectively lower homocysteine, bad cholestero (low-density lipoprotein), and triglycerides levels in the blood, protecting heart health.

#### 2. Antioxidant properties

The antioxidant properties of Garllium are 10 times stronger than those of fresh garlic. These potent molecules shield cells from oxidative damage, which causes aging and illness. Garllium turns the unstable allicin into more stable antioxidant molecules. Garllium juice decreases free radicals that can harm the liver, blood, and kidneys.

#### 3. Anti-Cancer activity

Studies showed that 70% ethanol extract of BG (500 mg/mL) caused cytotoxicity in human carcinoma A549 (lung carcinoma), MCF-7 (breast adenocarcinoma), AGS (stomach adenocarcinoma), and HepG2 (hepatocarcinoma) cells in a dose-dependent manner within 72 hours.

#### 4. Regulates blood glucose

Garllium may help regulate insulin in the body and manage blood sugar levels. It lowers the risk of gestational diabetes and can potentially prevent complications caused by uncontrolled diabetes. However, additional study on these effects of Garllium on people is required.

#### 5. Protects brain health

Frequent consumption of Garllium can help prevent age-related disorders, such as dementia and Alzheimer's, which are caused by damaged brain cells. Garllium's antioxidant and anti- inflammatory qualities can repair damaged cells in the body.