

Forever Garlic-Thyme

Description and Purpose

The dietary uses of garlic and thyme have been traced back thousands of years. An Egyptian papyrus dating from 1500 BC listed 22 healthy uses for garlic. However, the first real evidence of garlic's powerful properties came in 1858, when Louis Pasteur discovered that it had eliminated the growth of harmful bacteria and today we are starting to understand how it works as a remedy. Since 1983, The National Library of Medicine in Bethesda, Maryland, has published more than 100 scientific papers relating to garlic.

Garlic is a complex plant. The principal active ingredient in raw garlic is allicin. When garlic is cut or crushed, the allicin reacts with the enzyme amylase (also present in the garlic). This gives garlic its characteristically pungent smell. Allicin is a very powerful bacteria-fighting agent, which enters the bloodstream, bowels and skin. Allicin is the main active ingredient in Forever's Garlic-Thyme supplement. Other active ingredients include ajoene, an anti-clotting agent and lecithin, which helps clean out fatty deposits such as cholesterol, and helps the body convert fats to energy.

Thyme contains an essential oil that is rich in a substance called thymol which acts as a powerful antiseptic with antibacterial properties, and also acts as an antioxidant.

At a glance...

- Powerful antioxidant
- May help with cholesterol
- Odourless
- Helps support the conversion of fats to energy
- Contains allicin - a powerful anti-bacterial agent



Garlic is a powerful antioxidant that helps to protect the body against free radicals. Garlic also contains germanium, a mineral trace element believed to help the body's immune system and selenium, a trace mineral antioxidant.

Other beneficial nutrients contained in Garlic-Thyme are potassium, calcium, magnesium, B vitamins and vitamin C.

Formula Ingredients

Garlic oil concentrate (10mg equivalent of 1,000mg of fresh garlic cloves)

Thyme (50mg powdered leaves)

Other Ingredients

Canola oil, gelatin, glycerin, lecithin, beeswax, purified water, carob extract.

Contains soy.

Contents

100 softgel capsules.

Suggested Use

Take 1 softgel with each meal as a dietary supplement.

