


**SWISS
ENERGY
HERBS**

By Dr. FREI®

Black Garlic

with Vitamins B-Group

Heart & Brain

✓ **Vitality and Longevity**



Made in Switzerland

HISTORY



Garlic has been used as a medicinal plant since medieval times right up to the modern era where its benefits have been observed and scientifically proven.

Historical records indicate that garlic had been used as medicine **as a diuretic, digestive aid, antibiotic, anti-parasitic**, for colds, infections and a wide variety of other ailments.

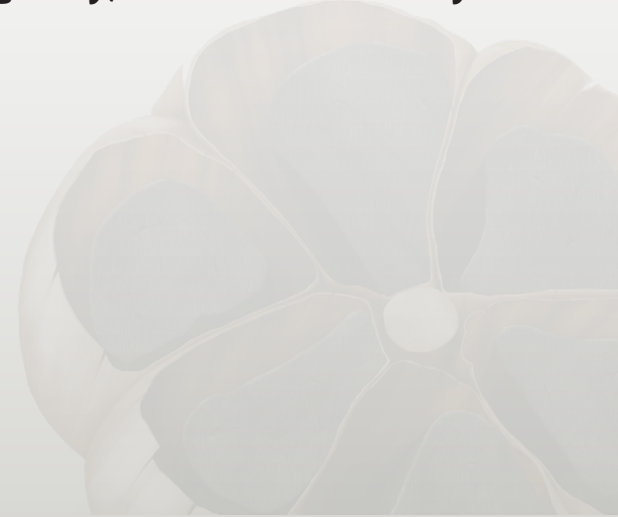


What is the revolutionary effect of black garlic?



The most important active substance of garlic is considered to be **allicin**. Allicin is a plant antibiotic that has bactericidal, antiviral and antifungal activity, and also increases the activity of the **immune system, resistance to infections**. Its activity is preserved in the blood and gastric juice.

Allicin effectively fights against colds and inflammatory processes, without any side effects. Black garlic is a secret of **longevity, health and vitality**.



THE BENEFITS OF GARLIC



Since the time of the Industrial Revolution, the search for medicinal compounds from plants began to appear. Scientists wanted to find out why garlic had an odour when cut or crushed, what were its constituents and why did it work for so many ailments.

Scientists found that each clove of garlic has **an astonishing 400 plus beneficial compounds found within the oil**. One of the key compounds is called **allicin**. Each bulb of garlic contains an enzyme called **allinase** which combines with alliin found in the garlic bulb to form the active compound allicin, which has health enhancing properties and gives garlic its distinctive odour even in some supplements.

HEART WORKING & IMPROVE CHOLESTEROL LEVELS



Nutritionists have long believed that garlic is healthy for the **heart working to reduce homocysteine levels in the bloodstream**. Homocysteine is an amino acid which damages arterial walls and encourages the deposition of cholesterol onto the arteries.

One such study was done in Korea in 2014 and the results show that taking **black garlic** extract for 12 weeks can increase the **HDL (or good cholesterol)** and decrease **LDL (or bad cholesterol)**. It also helps decrease **allipoprotein B** in blood lipids which is a strong indicator of heart disease.

HEALTHY BLOOD PRESSURE LEVELS



Research indicates that garlic **boosts circulation by increasing the production of hydrogen sulphide.**

Garlic contains numerous sulphur compounds that may be of benefit in maintaining healthy blood pressure levels and may also **aid normal clotting.** It is likened to taking low dose aspirin.



BOOSTS IMMUNE FUNCTION



Garlic stimulates white blood cell activity required by the immune system for fighting infections including colds and fungal infections including candida. In fact, some studies indicate that garlic fights infections that are often resilient to some antibiotics.

Garlic has potent **antimicrobial** properties and in the 1950's was used to treat cholera and dysentery. During the First World War, garlic was used to treat battle wounds **in the absence of antibiotics**.



NORMALISING BLOOD SUGAR LEVELS



Garlic has been shown to be of benefit in **normalising blood sugar levels** and it is thought that this is due to its ability to **enhance insulin production**.



HIGH ANTIOXIDANT LEVELS



A 2017 study showed that black garlic had **more antioxidants** than white garlic. And a diet that had 5% black garlic will improve insulin resistance. These same antioxidants also protect cells from damage and delay signs of aging.

This much antioxidant level can help **prevent Alzheimer's, rheumatoid arthritis and similar chronic ailments.**



RELIEF FROM ALLERGY



In a study done at the Chungnam National University in Daejeon Korea revealed that **black garlic** extract can deter genes that cause **inflammation and allergic reactions**.



BOOST LIBIDO



It is theorised that garlic may enhance testosterone levels in both men and women suggesting that it may be of benefit to **boost libido**.



What is Black Garlic by Swiss Energy Herbs ?



The black garlic used to produce the extract is a special **Argentine garlic** that specialists naturally ferment in Japan through the application of a centuries-old and complex process.

During the **natural fermentation** process (without genetic engineering) fresh garlic is aged (fermented) under controlled conditions for a long period of time.

Polysaccharides and amino acids of garlic, which are formed during the fermentation of **melanoidins**, have a color from yellow-brown to almost **black**. Due to fermentation, garlic gets a very soft consistency.

Swiss Energy Black Garlic Capsule



Swiss Energy Black Garlic Capsule contains high-quality special black garlic extract supplemented with valuable B vitamins that help maintain vital body functions such as heart function, iron metabolism, nervous system, mental functions and energy metabolism, and to reduce fatigue and tiredness.

Small soft capsules are pleasant to swallow, and they do not cause any unpleasant odors or belching.



Composition



One capsule contains:

1 daily portion

Black garlic extract	260 mg/ NA
Vitamin B6	1.4 mg / 100%*
Vitamin B2	1.4 mg / 100%*
Vitamin B1	1.1 mg / 100%*

* Nutrient Reference Value

Excipients: capsule shell: food gelatin; soy lecithin; humidity regulators: glycerin, water; maltodextrin; silicic acid; dye; capsule shell: iron oxide.

Best manufacturing practice



High quality Swiss made product. The raw materials and production of Black Garlic capsules are subjected to thorough testing and quality control.

High quality raw materials are tested using complex laboratory equipment. Before the ready-to-use product comes on the market, it goes through a **multi-stage quality** assurance process.



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