"What is your secret?" I asked Emma, who had just turned 100 years old with health and stamina that puts younger people to shame. "Garlic," she said, "a daily dose of garlic. To be sociable I use aged garlic extract—it's odourless and does the job."

Garlic has been used in traditional medicine for centuries to treat ailments and enhance vigour. Modern science has confirmed its medicinal qualities are largely due to its organosulphur compounds that enhance the production of internal antioxidants and destroy disease-causing free radicals.

Many studies on the benefits of garlic have used aged garlic extract, a natural form of organic garlic, whose major organosulphur compound, S-allyl cysteine, is water-soluble and has a 98 percent bioavailability (absorption into the body's circulation).

Other garlic preparations, including raw garlic, also show health benefits. The beneficial aspects of garlic do not depend upon its odour; aged garlic extract is odourless. Rich in antioxidants and stable organosulphur compounds, garlic is effective in preventing disease and degenerative age-related conditions.

HEART PROTECTOR
Our hearts keep us alive and we want to treat them well. The heart's major enemies are high LDL (bad) cholesterol, elevated triglycerides, low HDL (good) cholesterol, and high blood pressure, as well as poor circulation and platelet clumping. These are all major risk factors for atherosclerosis, heart disease, and stroke.

The efficacy of garlic in protecting the heart was shown in a breakthrough placebo-controlled clinical trial at the University of California. The study found that after one year, cardiac patients consuming 200 mg per day of aged garlic extract cut their heart attack risk by over 65 percent, compared to placebo.

Garlic prevented plaque formation in coronary arteries, reduced LDL cholesterol and triglycerides, increased HDL cholesterol, decreased blood pressure and homocysteine, and reduced platelet clumping.

Other clinical studies have found that garlic and garlic extract can boost blood flow; another study found that the intake of raw garlic over four weeks lowered cholesterol by 11 to 14 percent and triglycerides by 38 percent.
Higher purity oregano helps your family fight off colds and flu.

**WILD OREGANO C93 HAS A GREAT TASTE AND THE STRENGTH OF A CHAMPION.**

New Roots Herbal’s WILD OREGANO C93 contains the rare “Origanum Minutiflorum” which has the highest naturally occurring carvacrol to volatile oil content; up to 93%. The higher purity of this species eliminates the bitter taste common to lesser species of oregano.

Hand-picked in the Mediterranean, steam distilled and chemical-free, WILD OREGANO C93 is an effective nutritional supplement to protect against colds, flu, bacteria, viruses and parasites.

"Studies have shown that high garlic consumption cuts the rate of stomach cancer by as much as 50 percent."

**ENHANCED IMMUNITY**

A strong immune system battles infections and helps fight cancer. Subjects receiving 3,500 mg per day of raw garlic, equivalent to 10 cloves, showed a 139.9 percent increase in natural killer cells; those receiving 1,800 mg per day of aged garlic extract had a 155.5 percent increase in killer cells.

An enhancement of these immune cells was also seen in AIDS and cancer patients who were treated with aged garlic extract. In other studies, subjects given garlic powder showed an increased capacity of the immune cells to engulf invading E. coli bacteria.

**ANTICANCER EFFECTS**

Studies in China and Italy have shown that high garlic consumption cuts the rate of stomach cancer by as much as 50 percent. In the US, a study of 41,837 women showed that adding garlic to the diet once a week or more lowered colon cancer risk by 35 percent.

A study in Japan found that aged garlic extract stopped pre-cancerous growth in the colon, preventing further development to colon cancer. The anticancer effects of garlic and aged garlic extract are due to antioxidant actions as well as an ability to trigger cancer-cell suicide, while leaving normal cells intact.
PREVENTING DRUG TOXICITY AND RADIATION DAMAGE

Garlic may prevent the adverse effects of cardiotoxicity and liver toxicity, caused by some carcinogens and chemotherapy drugs. It also assists with kidney toxicity caused by the antibiotic gentamicin, as seen in studies with aged garlic extract.

Garlic extract has also been found to potentially prevent liver failure in people who overdose on acetaminophen. Patients taking aged garlic extract before and after ingesting acetaminophen received benefit, as the garlic prevented liver toxicity by increasing acetaminophen metabolism and detoxification.

ANTIAGING AND BRAIN PROTECTION

Major heart disease risk factors, such as high cholesterol, increase the risk of stroke and dementia. Cholesterol causes a buildup of beta amyloid peptides in the brain, which kill neurons and can lead to Alzheimer’s disease.

Aged garlic extract inhibits beta amyloid and prevents neuronal death, possibly averting cognitive decline associated with aging. Preclinical studies have indeed shown that aged garlic extract improved learning and memory retention as well as increased neuronal growth.

One look at Emma and you know this is true. 

Carmia Borek, PhD, professor at Tufts University School of Medicine in Boston, is a consultant and author in the fields of nutrition and diet, health, antiaging, and disease prevention.

Look Young, Feel Younger

You can slow the aging process by taking advantage of the anti-aging properties of key natural anti-oxidants, heart-healthy oils and vitamins and minerals.

Designed to combat the effects of aging, Super EasyMulti® Plus contains a balanced mixture of vitamins and minerals, powerful antioxidants such as green tea, ginkgo biloba and coQ10, as well as heart-healthy Omega-3 fatty acids.

The Platinum difference: Omega Suspension Technology™ (OST™) helps you absorb all the benefits of your multi more quickly and completely than any other product on the market.

After all, you are what you absorb!

✓ Essential vitamins & minerals
✓ Anti-aging nutrients
✓ Contains Omega-3 oils
✓ Made with OST®

LOOK FOR THE OST® SEAL

If you don't see the OST™ seal on the package, you won't absorb all the goodness packed inside.