

## Aged garlic extract a boon for obese people

19 January 2018 | News | By NFS Correspondent



A study conducted by University of Florida has shown that aged garlic extract may help obese people ward off painful inflammation and lower cholesterol levels. Obesity often brings an increased risk of inflammation that may be able to be dampened by dietary means.

Research showed that the garlic extract can help regulate immune-cell distribution and reduced blood LDL – or "bad" – cholesterol in obese adults. Aged garlic extract can modify the secretion of inflammatory proteins from immune cells.

Aged garlic extract may help prevent chronic diseases associated with low-grade inflammation in obese adults, such as cardiovascular disease.

Garlic becomes aged garlic extract by storing it in an ethanol solution for up to 20 months. Numerous studies have shown the health benefits of aged garlic extract.