THE AIM COMPANIES
nutrition that works

AIM GarlicAIM™

GLUTEN FREE · NON GMO · VEGAN

GarlicAIM is a dietary supplement that targets cardiovascular health with a unique combination of three types of garlic.

How is GarlicAIM Unique?

- Combination of both garlic bulb and leaf
- High adenosine content
- High γ-glutamyl peptide content
- Wild garlic leaf that has never been domesticated
- Includes fermented black garlic

Key Benefits and Features

- May help maintain cardiovascular health
- Provides all the benefits of regular garlic and more
- May increase immune health
- Exhibits antioxidant activity

Approach

The cardiovascular system consists of blood vessels and the heart. Blood circulates throughout this system, supplying all body organs and tissues with oxygen and nutrients and a pathway for the removal of waste products.

Unhealthy lifestyle choices are major factors in cardiovascular disease. Smoking, poor diet and lack of exercise contribute to making cardiovascular disease the biggest killer in North America. Changing your lifestyle choices along with adding garlic to your dietary intake can help you maintain your cardio health.

Allium ursinum (Alpine Wild Garlic)

Garlic has a long history as a healthful plant, having been used for medicinal purposes from as early as 3000 B.C. Garlic is made up of sulfuric compounds, amino acids, minerals and vitamins. These minerals and vitamins include germanium, selenium, zinc and vitamins A, B and C.

Allicin, a sulfur-containing compound in garlic, is traditionally believed to be primarily responsible for most of the suggested benefits of garlic. Allicin is also responsible for garlic's unique odor.

Alpine wild garlic leaf *(Allium ursinum)* and garlic bulb *(Allium sativum)* share these constituents as well as several benefits. Both types of garlic help maintain healthy cholesterol levels. However, *A. ursinum* has many nutritional differences.

A. ursinum contains allicin and its related forms, as well as more ajoene (a degraded form of allicin) and its related forms, more γ-glutamyl peptides and more than 20 times as much adenosine.

The current opinion states that the γ-glutamyl peptides and ajoene increase the difference across the membrane of vascular smooth muscle. This, in turn, results in a widening of blood vessels, which maintains healthy blood pressure.

Adenosine helps increase blood vessel width and can also reduce platelet aggregation (blood stickiness). It also acts as a muscle relaxant and as a protectant against poisons.

Fermented Black Garlic

Black garlic is made through a fermentation process, during which the sugars in a substance are broken down into organic acids.[1] These changes alter the nutritional and probiotic content of the substance and its performance.

In the case of garlic, fermentation not only changes the previously mentioned aspects but also every aspect that we recognize as garlic. Instead of being cream-colored with a recognizable, intense odor, a sharp, biting flavor and a crisp texture, fermented garlic is black, mildly scented, sweet in flavor and jelly-like in texture.

Fermented foods are well-known for their health benefits. In the instance of black garlic, the largest difference in fermentation results in higher antioxidant levels that work in fighting free radicals.[2] The increased antioxidant levels and probiotic presence in fermented foods makes black garlic a great addition to this supplement.

Allium sativum (Garlic bulb)

Allicin is one of the most powerful compounds in garlic. When garlic bulbs are chewed, chopped or crushed, the alliin (an amino acid) and the alliinase (an enzyme) in garlic combine and produce allicin. GarlicAIM contains garlic bulb that is standardized to 1% allicin, known for its antioxidant and anti-inflammatory activities. Each serving of GarlicAIM contains 5.1 mg of allicin.

Process

A. ursinum is handpicked in the alpine regions of Switzerland in the spring, during a one-week period. Because it is wild, only the leaves are harvested; the bulb remains in the earth to ensure future growth.

The wild garlic leaves are processed quickly: cleaned, washed, dried and milled at a low temperature. During this process, adenosine levels are monitored to guarantee at least 1,300 ppm (mg/kg).

On the other hand, black garlic is processed by the careful regulation of temperature and humidity of whole bulbs of garlic over a three-to-four week period.[3]

FAQs

Is there anyone who should not use GarlicAIM?

Consult a health care practitioner prior to use if you are pregnant or nursing, have a blood clotting disorder or low blood pressure.

Are allicin and other fat-soluble substances the only important compounds in garlic?

No. Although allicin and ajoene are important, there is a wealth of research from Europe indicating that the water-soluble parts of garlic—adenosine, γ-glutamyl peptides, flavonoids and fructanes—are equally important, if not more beneficial than allicin.

What are these water-soluble substances?

Adenosine and γ-glutamyl peptides are the warer-soluble substances mentioned in this datasheet. Flavonoids are substances in plants that often have health benefits. Fructanes are significant because they are indigestible sugars known as oligosaccharides. Fructo-oligosaccharides encourage the growth of good intestinal bacteria.

1. The Editors of Encyclopaedia Britannica. "Fermentation." Encyclopædia Britannica, Encyclopædia Britannica, Inc., 9 Dec. 2019.
2. Kimura, Shunsuke, et al. "Black Garlic: A Critical Review of Its Production, Bioactivity, and Application." Journal of Food and Drug Analysis, 5 Dec. 2016.
3. Malicdem, Darwin. "Black Garlic Health Benefits You Must Know." MSN, Microsoft News, 20 Aug. 2019.

How to use GarlicAIM

- Take three capsules per day. You may take them at any time.
- Consult a health care practitioner prior to use if you are pregnant or nursing, have a blood clotting disorder or low blood pressure.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

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