



<b>Garlic - <i>Allium sativum</i></b>	
<b>Description</b>	Known for its pungent odour, garlic has been used as both a food and medicine in many cultures for thousands of years. Construction workers who built the Egyptian pyramids were supposedly given huge rations of garlic to sustain their resistance against fevers <sup>2</sup> .
<b>Traditional Use</b>	Garlic is thought to have antibacterial properties. Modern research has focused on exploiting its potential to reduce the risk of heart disease. Garlic also has antimicrobial properties. To get the full benefits of fresh garlic, it should be eaten raw.
<b>Commercial Availability &amp; Dosage</b>	Garlic supplements come in many forms, including capsules, tablets, softgels and those made from garlic powder. Some are deodorised, and others have an enteric coating to prevent 'garlic breath'. Dosage range <sup>2</sup> is: 2-5g fresh garlic daily; 0.4-1.2g dried powder daily; 2-5mg garlic oil daily.
<b>Precautions / Contra-Indications<sup>1,2</sup></b>	Individuals with bleeding abnormalities should avoid doses greater than usual dietary intake.
<b>Pregnancy &amp; Breastfeeding<sup>2</sup></b>	Garlic is not recommended in doses greater than usual dietary intake, during pregnancy and breastfeeding.
<b>Adverse Effects</b>	Some people develop indigestion when taking high doses of garlic.
<b>Interactions<sup>1,2</sup></b>	Consult your doctor if you are taking drugs to prevent blood clots (anticoagulants or aspirin) or to reduce high blood pressure (anti-hypertensives) as garlic may intensify the effects of these drugs.
<b>References</b>	<ol style="list-style-type: none"> <li>1. Mills, S. &amp; Bone, K. Principles and practice of phytotherapy. Churchill Livingstone, 2000.</li> <li>2. Braun &amp; Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.</li> </ol>