

Garlic has been recognized around the world for centuries as a spice, a food, and an herbal remedy. Sometimes called the “four thousand year-old health food,” garlic has been used for a variety of health conditions – and modern science is now proving what folklore has taught all along.

*Garlic has tremendous value as an antioxidant and protects the body against free radicals. It also helps maintain a healthy heart and circulatory system. You hear about the benefits of garlic all of the time, and today hundreds of scientific studies report the powerful health-giving benefits of garlic.**



The History & Principles Of Standard Process

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for 75 years. Dr. Royal Lee believed that, “The quality of a whole food supplement is dependent on the quality of the manufacturing process.” This remains the foundation of the Standard Process doctrine today. Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company’s 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available-anywhere.



For more information, call 1-800-848-5061 or visit our website at www.standardprocess.com

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The Virtues of Garlic



How Garlic Keeps You Healthy

Garlic Can Help...

Promote A Healthy Heart

Taken regularly, garlic and garlic supplements can help promote a healthy heart in several important ways. In conjunction with a healthy diet and exercise, garlic helps maintain normal cholesterol and triglyceride levels in persons with normal levels. Garlic is also beneficial for the healthy flow of blood through the circulatory system.*

Protect Against Free Radicals

Garlic is a powerful antioxidant against *free radicals* – highly unstable oxygen molecules that effect body tissues and are believed responsible for many of the effects of aging.*

Why Standard Process Garlic Is Best

It is important to realize that not all garlic products are alike. Our unique process maintains the integrity of the whole, fresh garlic clove. This maximizes its powerful properties, including enzymatic activity, sulfur-containing compounds (alliin, allinase, and allicin), trace minerals, and micronutrients. Each capsule supplies the equivalent of one organically grown clove of whole garlic. In short, Standard Process Garlic is simply the best whole garlic supplement available.

The Whole Food Difference

All Standard Process products are based on one simple belief – good health comes from good nutrition, and the best nutrients come from whole foods. Each supplement formula is built on this holistic paradigm. We combine whole, enzymatically active foods, including herbs, whole plants, and organ extracts, and essential vitamins and minerals for optimal health.

Nutritional scientists are now discovering what we at Standard Process have taught and practiced for 75 years: Substances and micronutrients, both known and unknown, found only in whole foods are more essential to health than isolated vitamins and minerals.



Farming and Manufacturing Practices

We grow the majority of our raw materials on company-owned, organically certified farmland.

- Fertile soil located in Wisconsin's Kettle Moraine basin
- Verification of the appropriate mineral and nutrient levels in the soil before planting begins
- Use of organic seed only
- Consistently monitoring the health of our crops
- Crop rotation every year to prevent disease and ensure soil vitality
- Practice eco-sensitive manufacturing by returning plant and other raw material by-products to the land after processing

We process to preserve enzymatic vitality and nutritional potential of ingredients.

- Exclusive low-temperature, high-vacuum drying techniques
- A special separating process to extract a concentrated raw material laden with both fat-and water-soluble nutrients
- Immediate processing of plants upon harvest
- No artificial flavoring
- Only natural binding ingredients

We maintain product quality and integrity through exemplary quality control standards.

- Degreed microbiologists and chemists on-site
- Weekly bacteriological tests on as many as 400 samples of raw materials, work in process, and finished products
- Vitamin and mineral analysis to ensure label claims are accurate and that maximum nutrition is delivered
- Physical tests on tablets, capsules, and powders to ensure product consistency