

What Do You Know About Garlic?

Well known for its culinary benefits, the medicinal powers of garlic — an ancient natural remedy — are now the focus of scientific research. Take this quiz and test your garlic savvy.

1. Garlic has been shown to (a) ruin your social life (b) improve cardiovascular health (c) reduce cholesterol and blood pressure (d) help maintain healthy blood circulation (e) b, c, and d.

2. Allicin is (a) a popular song by rock star Elvis Costello (b) produced in garlic grown in China (c) believed to be responsible for much of garlic's biologic activity (d) b and c.

3. Garlic is most effective when it is (a) cooked (b) dried in tablet form (c) swallowed whole (d) in oil capsule form (e) b and c.

4. What is the recommended daily dose of garlic? (a) The equivalent of one generous portion of escargot (b) Two pieces of garlic bread (c) One clove of allicin-producing garlic (d) Two concentrated Kwai® garlic tablets taken 3 times daily (e) c and d.

5. What should you look for in a garlic tablet? (a) Fresh-breath coating (b) No odor-effect (c) High allicin yield (d) Standardized allicin yield (e) All of the above.

6. What are side effects associated with the recommended dosage of garlic tablets? (a) Headaches (b) Indigestion (c) A small rash (d) Loss of friends due to breath odor (e) None of the above.

7. The best reason to consume garlic is to (a) add spice to your life (b) keep enemies away (c) enhance your daily personal care regimen (d) gain membership to an herba-list organization (e) none of the above.

How Garlic Smart Are You?

Give yourself 10 points for each correct answer. Add up the points and calculate your garlic know-how.

60-70 points: Strong.

You have a good, health-conscious awareness of this wondrous herb. Enhance the value of garlic with proper eating and exercise.

40-50 points: Mild.

You need to brush up on some details. Consult your physician and pharmacist to make an educated decision about incorporating garlic into your diet.

Less than 40: Weak.

You may be ignoring an easy, natural addition to your personal care routine. Whether you have elevated cholesterol or are as fit as a fiddle, garlic may be a valuable supplement to your diet.

For a free sample of Kwai® Garlic Tablets call 1 (800) TRY-KWAI. For a list of references contact: The Garlic Advisory Board, 250 Park Avenue South, 9th Floor, New York, NY 10003.

ANSWERS

1. (e) Clinical studies suggest that garlic, taken regularly, may lower blood pressure, improve

blood flow and reduce total cholesterol an average of 12% — a reduction that can cut the risk of heart attack by approximately 20%. 2. (d) Allicin — a chemical compound — is produced when garlic is cut or crushed. Researchers believe it is responsible for garlic's medicinal properties and its pungent odor. 3. (e) Cooking accelerates the destruction of allicin. Because the manufacturing process of oil capsules involves heating, all the allicin gets burned off. However, dried garlic has a high allicin yield — nearly three times that of fresh garlic. Kwai® Highly Concentrated Garlic Tablets are made of 100 percent Chinese garlic gently dried and compressed into coated tablets for

maximum potency. 4. (e) Studies have shown that eating one clove of garlic a day may be sufficient to gain garlic's beneficial results. However, two odor-free concentrated garlic tablets, taken three times daily, contain the equivalent of one clove of garlic — without the odor. 5. (e) When choosing a garlic tablet, look for a standardized, high allicin yield and a coating for fresh breath and easy swallowing. 6. (e) There are virtually no side effects associated with the recommended daily dosage of garlic tablets. 7. (c) As you can see, garlic is much more than simply an odorous herb used as a cooking spice; preliminary data indicates that garlic may be useful as a nutritional supplement.



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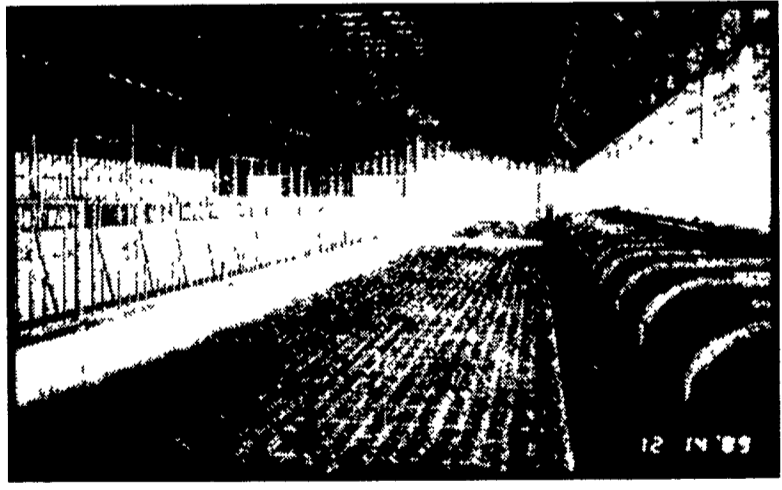
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