Medicinal Organic Fresh Garlic Health Benefits / Allium Sativum For Hyperlipidemia

Specifications :

Price	US $700 - $1600 / Metric Ton
Brand Name	Garlic
Model Number	O929
Place of Origin	Shandong China (Mainland)
Min.Order Quantity	1 Carton
Payment Terms	T/T with 30% before production, 70% balance before delivery; L/C
Supply Ability	Supply four seasons, all the year round. 280 Metric Ton/ Metric Tons per Month
Delivery Detail	around 7 days after receipt of 30% deposit
Packaging Details	10kg/20kg mesh bag/ctn
Style	Fresh
Product Type	Liliaceous Vegetables
Type	Garlic
Cultivation Type	Organic
Weight	10/20kg
Color	Pure/Normal White

Detail Introduction :

Medicinal Organic Fresh Garlic Health Benefits / Allium Sativum For Hyperlipidemia

Quick Detail:

Style: Fresh
Product Type: Liliaceous Vegetables
Type: Garlic
Cultivation Type: Organic
Size (cm): 4.5cm, 5.0cm, 5.5cm, 6.0cm, 6.5cm
Certification: Global Gap, SGS, HACCP, ISO 9001
Weight (kg): 10/20
Place of Origin: Shandong China (Mainland)
Brand Name: Garlic
Model Number: G029
H.S Code (NCM): 0703.20
Harvest Time: in May

Supply Period: all the year round
Packages: 200g, 250g, 500g, 0.5lbs, 1lbs, 1kg, 3p, 4p, 5p, 10kg, 20kg (carton/bag) ---according to customer's requirement
Colors: Pure White Garlic & Normal White
Garlic Uses: Cooking, Medicinal, Seeds, Industrial
Origin: local production
Advantage: intergrating process, store and export in a body

Description:

Fresh garlic fresh allium sativum
1. Variety available: normal white garlic, pure white garlic
2. Grade: Excellent quality, all kinds of garlic
3. Processing base: Jinxiang, Shandong, China
4. Supply period: all the year round
4.1) Fresh seasons: Early June to Sep.
4.2) Cold storage seasons: Sep. to next June
5. Supply capacity: 3,000MT/year
6. Size: 4.0cm / 4.5cm / 5.0cm / 5.5cm / 6.0cm / 6.5cm
7. Packing:
7.1) Loose packing: 20kg/mesh bag, 15kg/mesh bag, 10kg/mesh bag, 5kg/mesh bag, 20kg/ctn, 15kg/ctn, 10kg/ctn, 8kg/ctn, 6kg/ctn, 5kg/ctn, 4kg/ctn
7.2) Small packing: 3pcs/net bag, 4pcs/net bag, 5pcs/net bag,
250g/net bag, 500g/net bag, 1000g/net bag
7.3) Customer's packing available upon request.
8. Minimum order: 40RHC
9. Conveyance:
9.1) 25MT per 40RHC: carton + mesh bag packing
9.2) 28/30MT PER 40RHC: mesh bag packing
9.3) 26MT per 40RHC: carton bulk packing
10. Price terms: EXW, FOB
11. Rich experience of profession exportation ensures us to deal the whole situation efficiency and with high quality.
12. Inspection Certificate: Certificate of Origin, Phytosanitary Certificate and Inspection Certificate of Quantity.

Medicinal use and health benefits

Animal studies, and some early research studies in humans, have suggested possible cardiovascular benefits of garlic. A Czech study found garlic supplementation reduced accumulation of cholesterol on the vascular walls of animals. Another study had similar results, with garlic supplementation significantly reducing aortic plaque deposits of cholesterol-fed rabbits. Another study showed supplementation with garlic extract inhibited vascular calcification in human patients with high blood cholesterol. The known vasodilative effect of garlic is possibly caused by catabolism of garlic-derived polysulfides to hydrogen sulfide in red blood cells (RBCs), a reaction that is dependent on reduced thiols in or on the RBC membrane. Hydrogen sulfide is an endogenous cardioprotective vascular cell-signaling molecule.
A 2012 meta-analysis of randomized, double-blind, placebo-controlled trials looking at the effects of garlic on serum lipid profiles, found garlic was superior to placebo in reducing serum total cholesterol and triglyceride levels. Compared with the placebo groups, serum total cholesterol and triglyceride levels in the garlic groups was reduced by 0.28 (95% CI, ?0.45, ?0.11) mmol L?¹ (P = 0.001) and 0.13 (95% CI, ?0.20, ?0.06) mmol L?¹ (P < 0.001), respectively.
Allium sativum has been found to reduce platelet aggregation and hyperlipidemia.
In 2007, the BBC reported Allium sativum may have other beneficial properties, such as preventing and fighting the common cold. This assertion has the backing of long tradition in herbal medicine, which has used garlic for

hoarseness and coughs. The Cherokee also used it as an expectorant for coughs and croup. However, in contrast to these earlier claims concerning the cold-preventing properties of garlic, a 2012 report in the Cochrane Database of Systematic Reviews concludes that "there is insufficient clinical trial evidence regarding the effects of garlic in preventing or treating the common cold. A single trial suggested that garlic may prevent occurrences of the common cold but more studies are needed to validate this finding. Claims of effectiveness appear to rely largely on poor-quality evidence."
Garlic is also alleged to help regulate blood sugar levels. Regular and prolonged use of therapeutic amounts of aged garlic extracts lower blood homocysteine levels and has been shown to prevent some complications of diabetes mellitus. People taking insulin should not consume medicinal amounts of garlic without consulting a physician.
Garlic was used as an antiseptic to prevent gangrene during World War I and World War II. More recently, it has been found from a clinical trial that a mouthwash containing 2.5% fresh garlic shows good antimicrobial activity, although the majority of the participants reported an unpleasant taste and halitosis.
Garlic cloves are used as a remedy for infections (especially chest problems), digestive disorders, and fungal infections such as thrush. Garlic can be used as a disinfectant because of its bacteriostatic and bactericidal properties.
Garlic has been found to enhance thiamin absorption, and therefore reduces the likelihood for developing the thiamin deficiency beriberi.
In 1924, it was found to be an effective way to prevent scurvy, because of its high vitamin C content.
Garlic has been used reasonably successfully in AIDS patients to treat Cryptosporidium in an uncontrolled study in China. It has also been used by at least one AIDS patient to treat toxoplasmosis, another protozoal disease.
Garlic supplementation has been shown to boost testosterone levels in rats fed a high protein diet.
A 2010 double-blind, parallel, randomized, placebo-controlled trial, involving 50 patients whose routine clinical records in general practice documented treated but uncontrolled hypertension, concluded, "Our trial suggests that aged garlic extract is superior to placebo in lowering systolic blood pressure similarly to current first line medications in patients with treated but uncontrolled hypertension."

Garlic, raw	
Nutritional value per 100 g (3.5 oz)	
Energy	623 kJ (149 kcal)
Carbohydrates	33.06 g
- Sugars	1 g
- Dietary fiber	2.1 g
Fat	0.5 g
Protein	6.36 g
Thiamine (vit. B1)	0.2 mg (17%)
Riboflavin (vit. B2)	0.11 mg (9%)
Niacin (vit. B3)	0.7 mg (5%)
Pantothenic acid (B5)	0.596 mg (12%)
Vitamin B6	1.235 mg (95%)
Folate (vit. B9)	3 ?g (1%)
Vitamin C	31.2 mg (38%)

Calcium	181 mg (18%)
Iron	1.7 mg (13%)
Magnesium	25 mg (7%)
Manganese	1.672 mg (80%)
Phosphorus	153 mg (22%)
Potassium	401 mg (9%)
Sodium	17 mg (1%)
Zinc	1.16 mg (12%)
Selenium	14.2 ?g

Storage

Domestically, garlic is stored warm [above 18 °C (64 °F)] and dry to keep it dormant (lest it sprout). It is traditionally hung; softneck varieties are often braided in strands called plaits or grappes. Peeled cloves may be stored in wine or vinegar in the refrigerator. Commercially, garlic is stored at 0 °C (32 °F), in a dry, low-humidity environment. Garlic will keep longer if the tops remain attached.
Garlic is often kept in oil to produce flavored oil; however, the practice requires measures to be taken to prevent the garlic from spoiling. Untreated garlic kept in oil can support the growth of Clostridium botulinum which causes the deadly botulism illness; refrigeration will not assure the safety of garlic kept in oil. To reduce this risk, the oil should be refrigerated and used within one week. According to wikihow, the garlic immersed in oil should be stored in the freezer and not the fridge. Commercially prepared oils are widely available. Manufacturers add acids and/or other chemicals to eliminate the risk of botulism in their products. Two outbreaks of botulism related to garlic stored in oil have been reported.
In 1961, Chester Lilley from Kent in England was the first person to transform garlic into a pill form for storage. Although not widely accepted at the time for culinary uses, a capsulate solution for both the storage and simple dosing of garlic has become commonplace.

Type	Pure white garlic, Normal white garlic Fresh garlic: early June to Sep / Cold store garlic: Oct. to next May
Name	Fresh garlic fresh allium sativum
Advantages	We have our own farms and factories. Competitive prices as well as favorable payment terms.
Size	4.5cm ~5.0cm; 5.0~5.5cm; 5.5~6.0cm; 6.5up
Exporting standard	no root, clean, no black mould, not broken, no splits on the skin, no internal germination growth, no insects or fungous stuff.
Feature	Thick bright skin, whole and strong texture, plump shaped bulbs.
Weight: 40’RH	1.26-30MT/40’ reefer container packing in mesh bags. 2.26.-28MT/40’ reefer container packing in carton
Loose packing:	10kg/ctn, 9kg/ctn, 5kg/ctn, 10kg/mesh bag, 20kg/mesh bag,

Small packing	1, In 1kgx10bags into 10kg net carton 2, In 500gx20bags into 10kg carton 3, In 250gx40bags into 10kg carton 4, In 200gx50bags into 10kg carton 5, In2pc/3pc/4pc/5pc peraginto4kg/5kg/10kg/30lbs carton 6, In 1kg into 5kg mesh bag 7, In 500g into 5kg mesh bag

Applications:

Culinary uses

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment.
The garlic plant's bulb is the most commonly used part of the plant. With the exception of the single clove types, garlic bulbs are normally divided into numerous fleshy sections called cloves. Garlic cloves are used for consumption (raw or cooked) or for medicinal purposes. They have a characteristic pungent, spicy flavor that mellows and sweetens considerably with cooking.
Other parts of the garlic plant are also edible. The leaves and flowers (bulbils) on the head (spathe) are sometimes eaten. They are milder in flavor than the bulbs, and are most often consumed while immature and still tender. Immature garlic is sometimes pulled, rather like a scallion, and sold as "green garlic". When green garlic is allowed to grow past the "scallion" stage, but not permitted to fully mature, it may produce a garlic "round", a bulb like a boiling onion, but not separated into cloves like a mature bulb. Additionally, the immature flower stalks (scapes) of the hardneck and elephant types are sometimes marketed for uses similar to asparagus in stir-fries.
Inedible or rarely eaten parts of the garlic plant include the "skin" and root cluster. The papery, protective layers of "skin" over various parts of the plant are generally discarded during preparation for most culinary uses, though in Korea immature whole heads are sometimes prepared with the tender skins intact. The root cluster attached to the basal plate of the bulb is the only part not typically considered palatable in any form.
Garlic is a fundamental component in many or most dishes of various regions, including eastern Asia, South Asia, Southeast Asia, the Middle East, northern Africa, southern Europe, and parts of South and Central America. The flavor varies in intensity and aroma with the different cooking methods. It is often paired with onion, tomato, or ginger. The parchment-like skin is much like the skin of an onion, and is typically removed before using in raw or cooked form. An alternative is to cut the top off the bulb, coat the cloves by dribbling olive oil (or other oil-based seasoning) over them, and roast them in an oven. Garlic softens and can be extracted from the cloves by squeezing the (root) end of the bulb, or individually by squeezing one end of the clove. In Korea, heads of garlic are fermented at high temperature; the resulting product, called black garlic, is sweet and syrupy, and is now being sold in the United States, United Kingdom and Australia.
Garlic may be applied to different kinds of bread to create a variety of classic dishes, such as garlic bread, garlic toast, bruschetta, crostini and canapé.
Oils can be flavored with garlic cloves. These infused oils are used to season all categories of vegetables, meats, breads and pasta.
In some cuisines, the young bulbs are pickled for three to six weeks in a mixture of sugar, salt, and spices. In eastern Europe, the shoots are pickled and eaten as an appetizer.
Lightly smoked garlic is becoming increasingly popular in British and European cuisine. It is particularly prized for stuffing poultry and game, and in soups and stews. In both these cases it is important to utilize the undiscarded skin, as much of the smoke flavor is situated there, rather than in the cloves themselves.
Immature scapes are tender and edible. They are also known as "garlic spears", "stems", or "tops". Scapes generally have a milder taste than the cloves. They are often used in stir frying or braised like asparagus. Garlic leaves are a popular vegetable in many parts of Asia. The leaves are cut, cleaned, and then stir-fried with eggs, meat, or vegetables.

Mixing garlic with egg yolks and olive oil produces aioli. Garlic, oil, and a chunky base produce skordalia. Blending garlic, almond, oil, and soaked bread produces ajoblanco.
Garlic powder has a different taste from fresh garlic. If used as a substitute for fresh garlic, 1/8 teaspoon of garlic powder is equivalent to one clove of garlic.

Spiritual and religious uses

Garlic has been regarded as a force for both good and evil. According to Cassell's Dictionary of Superstitions, there is an Islamic myth that considers that after Satan left the Garden of Eden, garlic arose in his left footprint and onion in the right. In Europe, many cultures have used garlic for protection or white magic, perhaps owing to its reputation as a potent preventative medicine. Central European folk beliefs considered garlic a powerful ward against demons, werewolves, and vampires. To ward off vampires, garlic could be worn, hung in windows, or rubbed on chimneys and keyholes.
In both Hinduism and Jainism, garlic is considered to stimulate and warm the body and to increase one's desires. Some devout Hindus generally avoid using garlic and the related onion in the preparation of foods for religious festivities and events. Followers of the Jain religion avoid eating garlic and onion on a daily basis.
A belief among some Hindus is that when Devas and Asuras fought for nectar during churning of the ocean of milk (Samudramathan) in the other world, two Asuras were able to get access to nectar and had some quantity in their mouths in stealthy ways. Knowing the Asuras' foul play the God cuffed the heads of those Asuras before they could swallow it and as a result nectar fell down on the earth from their mouths in drops which later grew as garlic; that is why the vegetable has such wonderful medicinal properties.
In some Buddhist traditions, garlic - along with the other five "pungent spices" - is understood to stimulate sexual and aggressive drives to the detriment of meditation practice.
In the Philippine folklore garlic is used to drive away monsters.

Specifications:

Fresh garlic fresh allium sativum
1. Own garlic production base
2. Over 5 years experience
3. New crop fresh garlic
4. ISO 9001, SGS, HACCP, GLOBAL GAP

Competitive Advantage:

1. We have our own factory & guarantee the quality
2. We have enough supply ability
3. We can supply more competitive price and service