



**Essential nutrients  
balancing the level  
of fat and blood  
pressure**

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**Garlic Plus**  
**Essential nutrients balancing  
the level of fat and blood pressure**



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# Essential nutrients balancing the level of fat and blood pressure



## Garlic oil :

garlic has essential nutrients which have been using in herbal medicine from time to time. Especially its capability in preventing heart and blood vessel diseases along with decreasing blood pressure. The scientific researches of garlic are stated below.

## The heart and blood vessels research on garlic

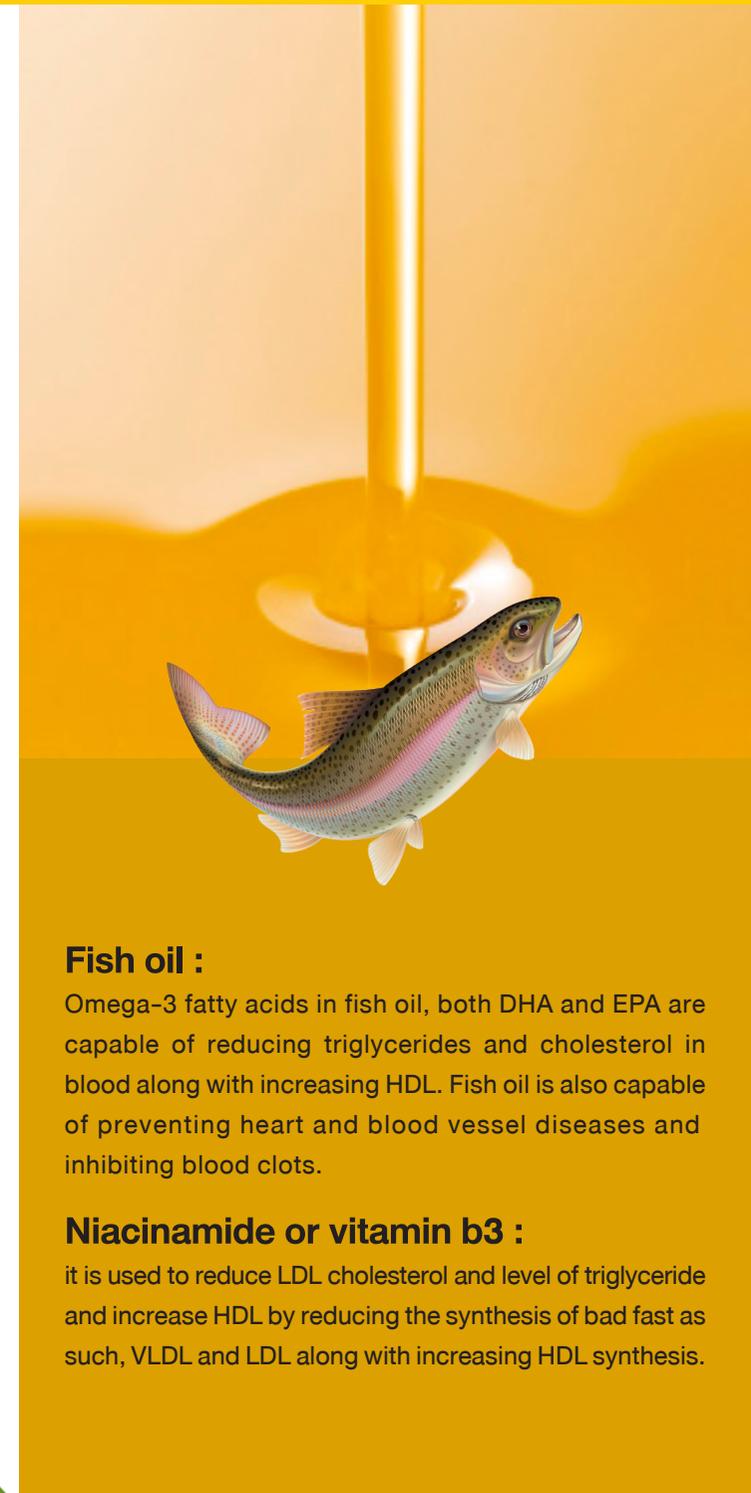
Garlic is capable of balancing level of cholesterol, it could potentially reduce total cholesterol and LDL cholesterol. It is also able to reduce blood pressure and inhibiting blood clots. Furthermore, another research suggested that it could potentially reduce fat clots in blood vessels. Garlic also acts as an antioxidant and reduce stress which caused by high level of free radicals.

## Lecithin :

according to the research it could potentially control the level of cholesterol by acting as a fat soluble in blood which the fat will be broken in to small particles. Nutritionists recommend to take Lecithin to prevent fat binding in artery wall.

## Artichoke :

A native plant of Northern Africa. It has an active substance named Cyanarin which help reduce the fat and LDL in blood and also Triglyceride. Apart from this it increases HDL cholesterol and enstrength liver. Flavonoid compounds which found in Artichoke help treat chronic hepatitis with no consequences compared with conventional lipid reduction that usually increases the level of enzyme in the liver.



## Fish oil :

Omega-3 fatty acids in fish oil, both DHA and EPA are capable of reducing triglycerides and cholesterol in blood along with increasing HDL. Fish oil is also capable of preventing heart and blood vessel diseases and inhibiting blood clots.

## Niacinamide or vitamin b3 :

it is used to reduce LDL cholesterol and level of triglyceride and increase HDL by reducing the synthesis of bad fast as such, VLDL and LDL along with increasing HDL synthesis.