



Garlic Oils Description

Garlic Oils are the oldest kind of manufactured preparation and were first made some 80 years ago, long before research identified the active ingredients we know of today.

Garlic oil is made in two ways, one is derived by steam distilling crushed garlic and capturing the resultant oil released as the allicin breaks down into sulfides and the other is soak macerated (chopped) garlic in oil. Steam distilled garlic oil contains fair amounts of DATS and DADS. It takes about a pound(1) of garlic to produce about one (1) gram of oil or 400:1. That would make them too concentrated and very expensive, so vegetable oil is added to the garlic oil that goes into the capsules, diluting them to a more easily useable concentration. The average garlic oil capsule actually contains about one percent of garlic oil and the rest of its net weight is vegetable oil. Steam distilled garlic oil contains oil soluble sulfides that circulate via the lymphatic system and studies indicate to be more anti-tumoric, more immune system enhancing and somewhat antibiotic.

The other way to make garlic oil is to crush or chop (macerate) garlic and incubate it 24 hours in vegetable oil, then strain out all pieces of garlic. Garlic macerate oil contains much lower levels of DATS and DADS but does have some ajoene, which is highly antibiotic and especially good at inhibiting platelet aggregation, as well as some of the water-soluble vinylidithiins that steam distilled oil is missing, which circulate through the blood stream and likely are more beneficial to the heart and circulatory system. Garlic macerate oil is the only commercial source of Ajoene.

If taken in pill form both kinds of garlic oil avoid immediate primary garlic breath that you get from eating a garlicky meal but both will result in secondary garlic odor from the lungs and pores a few hours after consuming the garlic oil pills. If it is in liquid form with an eyedropper, you can place the drops past the tongue and minimize garlic breath that way.

Since both contain different compounds, using both is recommended if you can find macerate oil but it is more available in Europe than the USA. If I can find a good source, I'll link to it.

Another use of garlic oil pills is that they can be used as a flavoring in a pinch by putting a couple of them in a soup or stew you're cooking or cutting open the softgel pill and using the contents to flavor a salad dressing - be creative. This info is not scientifically backed, it is a mere observation & posted for the convenience of our customer.

Management Team