



Take the Garlic test challenge

Test your skills on New-Gar ®, Nature4Science's Nutraceutical and Standardized Garlic :

Answers are at the end of the test. Thanks for your time.

1. Garlic's botanical name is _____
2. Garlic is a good source of vitamins & minerals
 - a) true
 - b) false
3. Spray dried garlic powder is hard to tabulate
 - a) true
 - b) false
4. Air dried garlic powder is easy to tabulate
 - a) true
 - b) false

5. High Allinase garlic powder produces higher allicin
a) true
b) false
6. Garlic contains Allicin
a) true
b) false
7. Crushing and/or digesting garlic cause:
a) release of organosulfur compounds
b) Alliin to be transformed to Allicin
c) Both of the above
d) None of the above
8. Standardized Garlic powder is mostly _____:
a) Alliin
b) Allicin
c) Water
d) Organosulfur compounds
9. NG Garlic powder/granules is a good source for Allicin potential:
a) true
b) false
10. Odor free garlic powder has no Allicin potential 😞
(FYI, deodorized is reduced odor, not odor free):
a) true
b) false

11. _____ mg of garlic powder is equivalent to one medium fresh clove:
- a) 700 mg
 - b) 600 mg
 - c) 500 mg
12. A safe level of garlic consumption is:
- a) 1200mg (2 cloves)
 - b) 1800 mg (3 cloves)
 - c) 2400 mg (4 cloves)
13. Min Allicin's level recommended for maximum health benefits is 4,000 mcg:
- a) true
 - b) false
14. Allicin is the only component of garlic that can stimulate the immune system in humans:
- a) true
 - b) false
15. The most potent form of garlic available for encapsulation & or tabulating to help maintain, support, and promote healthy cholesterol level is:
- a) standardized powder i.e. New-Gar®
 - b) oil
 - c) aged extract
 - d) fresh clove
16. Most Pharmacological studies on garlic have been for:
- a) cardiovascular health
 - b) general health & well being
 - c) gastrointestinal health

17. Enteric coating protects the capsules and/or tablets from dissolving in the:

- a) stomach**
- b) large intestines**
- c) small intestines**

18. Enteric coating protects against garlic breath

- a) true**
- b) false**

Answers: 1. Allium Sativum, 2.b, 3.a, 4.a, 5.a, 6.b, 7.c, 8.d, 9.a, 10.a, 11.b, 12.a, 13.a, 14.a, 15.a, 16.a, 17.a, 18.a,

Disclaimer-1-: This test is intended for entertainment purpose only. This test is not any measure of individual intelligence, and has no educational, scholastic, and/or credit value .

Disclaimer-2-: Garlic information in this document has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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