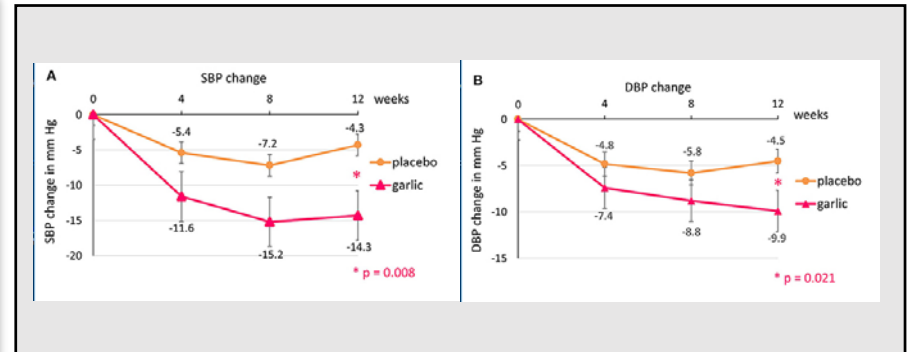


The Effect of Kyolic Aged Garlic Extract on Gut Microbiota, Inflammation, and Cardiovascular Markers in Hypertensives: The GarGIC Trial

<https://www.frontiersin.org/articles/10.3389/fnut.2018.00122/full>

The screenshot shows the article's title, authors (Karin Riedl, Nikolaj Travica, and Avni Sali), and a background paragraph. The background text states: "Previous research suggests Kyolic-aged-garlic-extract to be effective in reducing blood pressure in a large proportion of hypertensive patients similar to first-line standard antihypertensive medication. High blood pressure has been linked to gut dysbiosis, with a significant decrease in microbial richness and diversity in hypertensives compared to normotensives. Furthermore, gut dysbiosis has been associated with increased inflammatory status and risk of cardiovascular events." The objective is: "To assess the effect of Kyolic aged GARlic extract on Gut microbiota, Inflammation, and Cardiovascular markers, including blood pressure, pulse wave velocity and arterial stiffness."



Conclusions

In summary, our trial consolidated current evidence for Kyolic aged garlic extract to be effective in reducing blood pressure in individuals with uncontrolled hypertension similarly to standard blood pressure medication. Kyolic aged garlic extract is highly tolerable, and can be taken safely in addition to other standard blood pressure medication. Our trial provided new evidence for Kyolic garlic to improve central hemodynamic measures and arterial stiffness, regarded as important predictors for cardiovascular disease.

Our trial is the first to explore the effect of Kyolic aged garlic extract on gut microbiota in hypertensives, with promising results toward an increase in microbial richness and diversity, and a marked increase in the beneficial and immune stimulating bacteria, *Lactobacillus* and *Clostridia* species, within a 3-month period. Together with the potential lowering of inflammation, Kyolic garlic provides beneficial effects on several levels important for cardiovascular health.

Highlights

- High blood pressure affects **one in every four** people worldwide and is responsible for approx. 40 % of all heart related deaths.
- Gut dysbiosis has been linked to high blood pressure, systemic inflammation, and an increase in cardiovascular events.
- Kyolic AGE, dose of 1.2g daily, **reduced systolic blood pressure (SBP) by 10 mmHg and diastolic blood pressure (DBP) by 5.4 mmHg.**
- 12-week supplementation also **improved the richness and diversity of gut microbiota.**
- Kyolic Aged Garlic Extract acts as a prebiotic, providing a sustained impact on gut health.
- Unlike antihypertensive medications, which can have numerous, sometimes serious, side effects, Kyolic Aged Garlic Extract is effective with an exemplary safety record and few side effects.