# Aged Garlic Extract’s Impact on Periodontal and Cardiovascular Health

written by Dr. Ronald Hoffman | November 19, 2025

Clinical Pharmacist, Author, Board-Certified Clinical Nutritionist, and Health Expert Jim LaValle details the many health benefits of aged garlic extract, particularly its impact on periodontal disease. He reveals exciting new research findings that show Kyolic Aged Garlic Extract supplements can significantly reduce periodontal pocket depth – a key indicator of gingivitis and periodontal disease progression. He also highlights the role of aged garlic extract in reducing inflammation and improving gum health, which in turn has significant implications for cardiovascular and cognitive health. The conversation also touches on various formulations of aged garlic extract available from Kyolic, the importance of integrative approaches to health and wellness, and updates on the latest trends in anti-aging medicine, including peptides and GLP-1 agonists.