

KYOLIC® AGED GARLIC EXTRACT™ FOR POWERFUL IMMUNE SUPPORT*

Whether it's a cold, the flu bug, or something more serious, a robust immune system can provide the protection you need to stay well. But, while vitamin C and zinc might be among the nutrients you reach for at the first sign of an illness, there's another nutrient shown to support a strong immune response: **Aged Garlic Extract.**

What's so special about Aged Garlic Extract?

Along with its potent antioxidant and anti-inflammatory capabilities, studies show that Aged Garlic Extract can also reduce cold and flu symptoms and help you recover faster. What sets Aged Garlic apart from ordinary garlic supplements is a unique aging process that begins with organically grown garlic. Once harvested, the garlic is then aged for up to 20 months without heat. This aging process creates sulfur-containing compounds that contribute to Aged Garlic Extract's extraordinary health benefits.



WHAT THE SCIENCE SAYS



Kyolic Extra Strength Reserve provides a clinically potent dosage of 1200 mg of Aged Garlic Extract in just two capsules per day.

In one clinical study conducted at the University of Florida, researchers gave 120 healthy adults a daily dose of either 2,500 mg of Kyolic Reserve Aged Garlic Extract or a placebo. After three months, the researchers found that Aged Garlic Extract increased the number of immune cells in the bloodstream of the volunteers taking the supplement. It also boosted the power of two specific types of immune cells—natural killer (NK) cells and gamma-delta T cells—that search out and destroy harmful pathogens. But the benefits of Aged Garlic Extract don't stop there. The researchers also noted that the sulfur-containing compounds in Aged Garlic Extract increased glutathione levels. Known as the "master antioxidant," studies show that glutathione enhances the body's immune response.

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*These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Kyolic®
Aged Garlic Extract™
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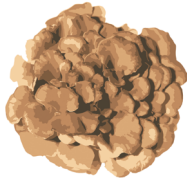
SUPPORTIVE IMMUNE-BOOSTING NUTRIENTS

Kyolic Aged Garlic Extract is an excellent addition to your “stay well” kit. But layering this potent type of garlic with other proven immune-boosting nutrients—like those found in **Kyolic Immune Formula 103**—can provide you with even more protection.



ASTRAGALUS

is an herb with antiviral and immune-boosting properties. Numerous studies show that astragalus stimulates the immune system by increasing the activity of key immune cells including NK cells, macrophages, and T cells.



MEDICINAL MUSHROOMS,

such as agaricus, maitake, poria cocos, reishi, and shiitake, are a rich source of unique compounds like Active Hexose Correlated Compound (AHCC), ergothioneine, and lentinan that directly enhance immune cells.



OLIVE LEAF EXTRACT

is a rich source of oleuropein, a natural antioxidant that provides powerful antibacterial and antifungal properties. Olive leaf's bacteria-busting abilities have been shown to target some extremely harmful microbes such as *Helicobacter pylori* (the ulcer bug) and *Staphylococcus aureus* (the bacterium that causes staph infections).



OREGANO EXTRACT

is a powerful antioxidant and antibacterial thanks to high levels of a compound called carvacrol. Studies suggest that the oxygen molecules in carvacrol team up with the water in your body to create heat that kills bacteria, including *Salmonella*, *E. coli*, and several types of the *Staphylococcus* bug.



VITAMIN C

is the best known immune stimulant on Earth. When Israeli doctors gave the vitamin to a group of competitive swimmers with upper respiratory infections, 47 percent of those taking a daily dose of C experienced less severe symptoms and a more rapid recovery than those who didn't supplement. Several studies also suggest that vitamin C may also keep colds at bay.

HEALTHY HABITS FOR A STRONG IMMUNE SYSTEM

Pairing the following habits with **Kyolic Aged Garlic Extract** and other immune-boosting nutrients can help create a strong fortress against the pathogens that can undermine good health.

- Fill your plate with whole foods including plenty of fresh fruits and vegetables.
- Get at least 30 minutes of exercise every day.
- Strive to get 7 to 9 hours of sleep nightly.
- Wash your hands often, scrubbing with soap and water for at least 20 seconds.
- Laugh often to reduce the immune-damaging effects of stress.
- Download a meditation app to enhance your sense of calm.



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