



Garlic Is One of the Most Nutritious Foods on Earth

Check out why. →

1

Garlic contains compounds with potent medicinal properties

2

Garlic is highly nutritious but has very few calories

3

Garlic can help protect against illness, including the common cold

→

4

The active compounds in garlic can reduce blood pressure

5

Garlic improves cholesterol levels, which may lower the risk of heart disease

6

Garlic contains antioxidants that may help prevent Alzheimer's disease and dementia

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Source-Healthline

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