

Garlic may reduce risk of skin cancer

Submitted by: Tiger White PR

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New research confirms further benefit of garlic supplements

Garlic has long been known for its heart health benefits, but now new research has found taking a daily garlic supplement may reduce the risk of skin cancer.(1)

According to researchers at the Chittaranjan National Cancer Institute in India, the ingestion of garlic was found to delay the formation and reduce the size of tumours in the skin. In particular their research identified that garlic contains natural compounds, formed when allicin molecules interact with each other, that can help block lipid peroxide – a known cancer causing substance, and can help the body defend itself against cancerous cells.

Skin cancer or malignant melanoma as it is formally known, is thought to be responsible for 1,700 deaths in the UK each year and is the second most common cancer in people aged 15 to 39. (2)

This latest research is further confirmation of the many health benefits of garlic. Previous research has linked garlic to reducing cholesterol and blood pressure levels, maintaining overall cardiovascular health and preventing the formation of gallstones.

Expert herbalist Dr Serene Foster says: "Garlic has been traditionally used to help people to maintain their cardiovascular health and today its efficacy is supported by clinical research. This latest research demonstrates that the health benefits of garlic are not limited to just heart health. Finding a quality supplement, with a high allicin content is vital if you are going to experience the full health benefit. Look for standardised products that deliver consistent, quality extracts in levels that really work"

Over the counter garlic supplements are widely in pharmacies and healthfood stores and are an effective alternative to eating raw garlic.

Standardised garlic powder tablets are the most proven form of supplementation in clinical research. Always look for a garlic supplement with a high allicin yield to ensure maximum benefit and a standardised extract to ensure consistent dosage.

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Kwai One-A-Day Garlic from Klosterfrau is the UK's leading brand of garlic extract that can help to maintain a healthy heart. Every Kwai One-A-Day tablet contains a consistent 300mg of dried garlic powder derived from whole garlic and provides a guaranteed allicin yield of 1800g. Harvested at the optimum time and gently processed, they are odour free and suitable for long term use. Kwai One-A-Day can be taken as daily heart care maintenance supplement, in support of a healthy diet and exercise regime.

Kwai One-A-Day costs £4.99 for 30 one-a-day tablets, £13.95 for 100 one-a-day tablets. Available from Boots, Tesco, Sainsbury's, Superdrug, Morrisons, Waitrose, Holland & Barrett, Lloyds and all good

independent health food stores and pharmacies.

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References:

(1) Effect of garlic on lipid peroxidation and antioxidation enzymes in DMBA-induced skin carcinoma, Nutrition, In Press, Corrected Proof, Available online 11 December 2008, Ila Das and Tapas Saha

(2) Cancer Research UK