Visit the drugstore assignment

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Garlic, Natures Bounty

Brand names: Natures Bounty, Kyolic, Kwai, Blackmores, Nature Made, Jarrow Formulas, Swanson Best Garlic, Sundown Naturals and amongst others.

Dosage: For adults, take one capsule four times daily, preferable with meal.

Combinations that are available: none are available

Garlic is used for many different benefits in our body. Research says that garlic can help by lowering lipid, anticoagulant, anti-hypertension; helps banish cold sores and has antimicrobial effects. Based on research by Huffington post, there are many ways in which garlic can help us; one of them is that back in the days, garlic was used to help fight gangrene. Another benefit of garlic is that it’s also used as an antioxidant because it helps beat bad skin, for example, when you experience having acne breakout, try applying garlic on the surface of your pimple. It was also found that garlic has many benefits in our cardiovascular health such as high cholesterol, high blood pressure, artery hardening and coronary heart disease. When hydrogen gas is produced by red blood cells, the gas can help dilate our blood vessels, which would help keep our blood pressure at a constant rate. Research also suggests that garlic can help when it comes to banishing cold sores because you can apply crushed garlic on the area because garlic’s anti-inflammatory agent can help decrease the swelling, and when it comes to taking garlic as tablets, its said that it can help prevent cold sores or making the disappear faster. Garlic has not been evaluated by the FDA for effectiveness, purity or safety, but Garlic is listed as Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration.

One of the adverse effects of garlic is that’s it’s a blood thinner, so it increases bleeding, it’s not recommended before any type of procedure where it involves injury of tissue such as surgery or a dental hygiene visit because there can be increased bleeding when scaling or probing. Some other adverse affects of garlic are upset stomach, bloating, bad breath and even body odor. Garlic may also interact with blood thinning medications, which would increase bleeding even more. Some drug interactions when taking garlic supplements include the following:

**Isoniazid (Nydrazid)** – this is used to help treat tuberculosis, and garlic may decrease its effect.

**Birth control pills** – garlic may decrease the effectiveness of birth control pills.

Cyclosporine- this medication is used post organ transplant, and garlic may decrease its effect.

**Blood-thinning medications**- when taking it together with garlic, it can increase its effect by producing more bleeding.

**Medications for HIV/AIDS** – when garlic is taken, it may lower the blood level of protease inhibitors, which are medications used to treat people who are infected with HIV.

**Nonsteroidal anti-inflammatory drugs (NSAIDs)** -Both NSAIDs and garlic may increase the risk of bleeding. NSAIDs include ibuprofen (Advil, Motrin) and naproxen (Aleve) as well as prescription medications.

<http://www.fda.gov/downloads/forconsumers/consumerupdates/ucm050824.pdf>

<http://www.huffingtonpost.ca/2013/09/25/benefits-of-garlic_n_3990616.html>

<http://www.drugs.com/mtm/garlic.html>

<http://www.ncbi.nlm.nih.gov/pubmed/25049498>

<http://umm.edu/health/medical/altmed/herb/garlic>

<http://www.ncbi.nlm.nih.gov/pubmed/24283381>