

SUPPLEMENT

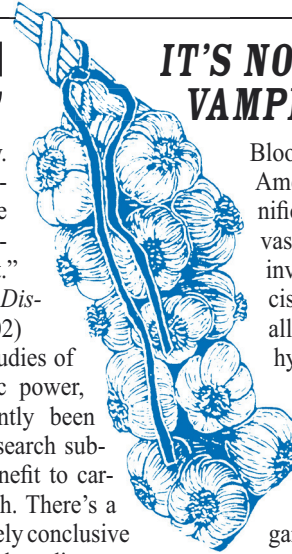
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THE POWER OF GARLIC



IT'S NOT JUST FOR VAMPIRES ANYMORE!

Following the lead of its predecessor DAAIR, NYBC stocks allicin, an extract of garlic bulb from the well-regarded supplier of Chinese medicinal botanicals, Dr. Zhang/Tai He. Allicin is believed to possess the greatest activity of garlic's various components, and the Tai He preparation has been used with success in research studies, including the Search Alliance study of the life-threatening gastrointestinal infection cryptosporidiosis in people with HIV, conducted back in the 1990s. (Note: cryptosporidiosis has become much less common among people with HIV taking antiretroviral drugs, and additional antibiotic treatments for this opportunistic infection have also become available in the meantime.)

In recent years, research on allicin has continued to focus on its antibiotic power against bacterial and fungal infections. A presentation at the Interscience Conference on Antimicrobial Agents and Chemotherapy

in December, 2002, for example, reported on the effectiveness of allicin in combating worrisome "superbugs" that become resistant to conventional antibiotics, such as vancomycin-resistant *enterococci* (VRE) and methicillin-resistant *Staphylococcus aureus* (MRSA). Here is a brief summary of the research, which stresses the advantages of using a food-based agent like allicin as an antibiotic:

A study conducted by Jaya Prakash and colleagues at the National University of Health Sciences in Lombard, IL, found that allicin has potent activity against VRE in vitro. "The basic problem with VRE is that it colonizes the gut," says Prakash. "But many antibiotics used to control or prevent colonization also affect the normal gut flora." The ideal solution, she explains, would be to prevent colonization using a food substance, given the safety of such compounds over antibiotics. Furthermore, she adds, the chance of organisms developing

resistance is low. "With these food-based agents, the bugs don't become resistant."

(*Modern Drug Discovery*, April 2002)

Aside from studies of its antibiotic power, allicin has recently been the subject of research substantiating its benefit to cardiovascular health. There's a long but not entirely conclusive history of clinical studies examining the impact of garlic and allicin on conditions like high blood pressure and elevated cholesterol. However, a 2007 research report funded by the National Heart, Lung, and

Blood Institute of the NIH and the American Heart Association significantly clarified the cardiovascular benefits of garlic. The investigators demonstrated precisely how garlic and its extract allicin stimulate production of hydrogen sulfide in the body, and suggested that, since hydrogen sulfide relaxes blood vessel cells, this mechanism is likely a main reason for the observed capacity of garlic and garlic components to support healthy cardiovascular function. (Reference: G A Benavides, et al. Hydrogen sulfide mediates the vasoactivity of garlic. *Proceedings of the National Academy of Sciences* 2007 104(46):17977-17982.)

All in all, it's quite a career for the humble garlic bulb: from ancient folk remedy to established Chinese medicinal extract, to winning respect from the most exacting modern research science!

NOW AVAILABLE FROM NYBC:

Garlicin Pro MMS Pro (Each bottle, 100 tablets; \$13.50) Each tablet contains 350 mg of garlic powder - and 2.5 mg of Allicin guaranteed.

Allicin Zhang/Tai He (Each bottle, 60 capsules, \$38.00) Each capsule 130 mg of a proprietary extract of garlic bulb.

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(cont. from page 3) particularly macrophages. It may have benefit for maintaining platelet levels, lowering LDL and sustaining vascular tone. **Caution:** Pomegranate juice, like grapefruit juice, may interact with a number of medications. People on meds like anti-hypertensive or statins, or people who are allergic to many plants, should consult their physician before taking.

Taurine 1000 Jarrow Formulas (Each bottle, 100 capsules; \$7.60) Each capsule contains 1 gram of taurine, a sulfur-containing amino acid which is a metabolite of the amino acids methionine and cysteine. Jarrow notes that some biological functions of taurine include cellular growth, membrane stabilization, sperm motility, bile acid conjugation and neurotransmission. While clinical data are lacking, this may be a good part of regimen for managing neuropathy.

Creatine Surge Jarrow Formulas (Each widemouth bottle contains 2.03 lbs of this powdered formula; \$15.80) Each

scoop contains a blend of creatine monohydrate (6 g), L-glutamine (2 g), ribose (1 g), taurine (1 g), vitamin C (500mg), and pharmaceutical grade alpha lipoic acid (25mg) in a dextrose (form of glucose) base. Muscles use creatine up rather quickly during exercise - and during a chronic infection like HIV. Supplying this form allows the muscles to replenish levels quickly and sustain high levels, since skeletal muscle doesn't create its own but imports it from the bloodstream.

Use when exercising to increase muscle tissue mass. It also helps recycle the important energy providing molecule, adenosine triphosphate (ATP). People with diabetes or kidney problems should consult their physician before using. Excessive use may cause acne; drink plenty of fluids.

Liver PF/ToxGuard Jarrow Formulas (Each bottle, 90 tablets; \$17.25) Each tablet contains a blend of B vitamins (no niacin), herbs such as artichoke, NAC, alpha lipoic acid, PicroMax and Uridine-

5-monophosphate, collectively designed to enhance excellent liver function and for detoxification. (Tried it, like it! I've incorporated it into my regimen! -ed)

Living' Large with NYBC: New sizes and strengths now in stock. We have **Bone-Up, Glucosamine/Chondroitin and Curcumin** all in larger, more economical sizes as well as higher-strength 1000 and 2500 IU **vitamin D3** from Jarrow. NYBC is also carrying the **Ultra Bone-Up** which has some additional nutrients and increased amounts of some nutrients. Also added is **SuperImmune** multi with iron (from Super Nutrition). In addition, given the great importance of improving gut function, NYBC is now carrying the **Ultra-Dophilus** from Jarrow, which has 40 billion organisms per capsule (compared to the 3.4 billion found in the regular Jarrodophilus). Finally, NYBC also has a 200mg strength, chewable form of **CoQ10** from Douglas Labs. (We were disappointed when Jarrow stopped production of the **Q-Absorb** 200mg size, but we have their regular caps which seem to work just great, too.)



SUPPLEMENT

NEWSLETTER OF THE NEW YORK BUYERS' CLUB

SUPPLEMENT: Newsletter of the New York Buyers' Club is published quarterly and features articles focusing on current items of interest in the world of health and nutraceuticals.

New York Buyers' Club is a non-profit organization with the goal of increasing awareness about and access to vital nutritional supplements, with a focus on the needs of those affected by HIV/AIDS, Hep C, and other conditions.

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