

Garlic Extract Reduces Exercise Induced Muscle Damage and Enhances Anti-Oxidant Capacity

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Garlic has been used for years to reduce heart disease, high blood pressure, and have positive health benefits. Recently, garlic and garlic constituents prepared by various means have been shown to have antioxidant, anti-inflammatory and various other biological actions. High intensity exercise results in an enhanced rate of free radicals production that initiates skeletal muscle damage.

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u QS, Tian Y, Zhang JG, Zhang H. Effects of allicin supplementation on plasma markers of exercise-induced muscle damage, IL-6 and antioxidant capacity. Eur J Appl Physiol. 2008 Jun;103(3):275-83.