

USAGE: Take 1 to 2 capsules 1 to 2 times per day with meals or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Garlic & Ginger contains the harmonious combination of garlic and ginger. Jarrow Formulas® Garlic contains naturally-occurring amino acids, vitamins and minerals, including selenium, and special sulphur compounds, such as alliin and alliinase (which react upon ingestion to yield allicin) and diallyl disulfide (DADS) compounds. Allicin and DADS activate the transcription factor Nrf2, which promotes the production of glutathione S-transferase and other endogenous antioxidant enzymes involved in Phase II liver detoxification.*

Jarrow Formulas® Ginger is naturally dried and not subjected to any additional heat. This process ensures the presence of the active compounds that are beneficial to the gastrointestinal tract.*

Keep out of the reach of children.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Jarrow
F O R M U L A S

A Harmonious Combination

Garlic & Ginger

Odor Modified Garlic & Naturally Dried Ginger
Promotes Endogenous Antioxidant Production*
Supports Gastrointestinal Health*

700
MILLIGRAMS

100
CAPSULES

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

	Amount Per Serving	% DV
Odor Modified Garlic (<i>Allium sativum</i>)	500 mg	†
Organic Ginger Root Concentrate (<i>Zingiber officinale</i>)	200 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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Lot #. Best Used Before:

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