



ABG10+®

Why use this material?

ABG10+® is a unique aged black garlic ingredient designed to boost antioxidant capacity, improve blood circulation and improve cardiovascular health.

Garlic has a long history of use in traditional medicine for its antioxidant and antimicrobial properties. The bioactive compounds of garlic, S-Allyl Cystein (SAC), has cardioprotective effects such as reducing LDL cholesterol, decreasing serum triglyceride and increasing HDL cholesterol.

What sets aged black garlic apart from regular white garlic is its superior antioxidant capacity which can reach 10-fold higher value. Its unique ageing process helps increase polyphenols, flavonoids and melanoidins (the crucial antioxidant compounds) inside each bulb.

ABG10+® is produced via a Maillard chemical reaction through *Pharmactive Biotech's* proprietary ageing process. This process consists of controlled temperature and relative humidity, which eliminates the unpleasant garlic odour while increasing the SAC content.

ABG10+® is a NutraIngredients-Awards 2019 **finalist** for **Ingredient of the Year for Weight Management**.

The science behind the indications

The ageing process of aged black garlic helps convert unstable, highly reactive compounds, such as allicin, into milder, more effective and readily absorbed compounds such as sulphur containing amino acids.

The cloves of garlic are aged to full maturity through a short-term method of rigorous controlled temperature and relative humidity to:

- Eliminate the unpleasant garlic sensorial characteristics
- Increase the antioxidant capacity and total polyphenols content
- Improve the stability of the resulting bioactive compounds such as SAC

Clinical info

In a one month study published in the scientific journal *Nutrients*, researchers from the Autonomous University of Madrid, Spain treated animal subjects with ABG10+®.

At the conclusion, the researchers found that the test subjects taking ABG10+® showed lower body weights, lower triglyceride levels, and lower insulin and leptin serum concentrations when compared to placebo. They also found that the ABG10+® group showed a 22% decrease in LDL levels, which reduces the risk of atheroma plaque formation, and a 46% increase in HDL and attenuated vasoconstriction via its ability to reduce inflammation.

In another 12 week controlled trial, researchers found that aged black garlic reduced atherogenic markers and may have cardioprotective properties in people with high cholesterol.

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INGREDIENTS 

References:

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https://pharmactive.eu/ingredient/abg_r-protects-your-heart-health/.

Jung ES, Park SH, Choi EK, Ryu BH, Park BH, Kim DS, Kim YG, Chae SW. Reduction of blood lipid parameters by a 12-wk supplementation of aged black garlic: a randomized controlled trial. *Nutrition*. 2014 Sep;30(9):1034-9. doi: 10.1016/j.nut.2014.02.014. Epub 2014 Mar 12. PMID: 24976429.

