

Welcome to Garlic Gurus, where our mission is to support your journey to optimal health. Our star product, Fermented Black Garlic is a well-kept secret that has enhanced the quality of life for people around the globe. We exclusively use CERTIFIED ORGANIC raw garlic in our fermentation process, which spans 7 days of carefully regulated heat and moisture. During this transformation period, the garlic undergoes a remarkable metamorphosis in color, taste, and smell. More importantly, the bioavailability of nutrients increases significantly, up to 3x- 10x more than raw garlic. The cloves caramelize, leaving a sweet taste reminiscent of balsamic vinegar. The texture is soft and chewy, similar to that of a gummy bear. Some describe it as tasting like garlic candy, while others say it resembles a prune.

Fermented Black Garlic is not only a tasty treat, it's a powerhouse that can positively impact various aspects of your health. From boosting immunity to improving cardiovascular and brain health, protecting and enhancing liver function, regulating metabolism, glucose, and hormone levels, to combating pathogens and inflammation- its benefits are extensive. Additionally, it aids in decreasing insulin resistance, slowing bone degeneration, and promoting healthier skin by reducing wrinkles and acne. Black Garlic has been shown to lower blood pressure and cholesterol, further contributing to its role in supporting cardiovascular health.

Black garlic stands out as a nutritional marvel, containing essential minerals like magnesium, calcium, and selenium, alongside the powerful antioxidant, Allicin. Unlike raw garlic, where Allicin transforms into non-bioactive compounds, the fermentation process converts it into SAC (S- Allyl Cysteine), a potent antioxidant in the Polysulfides group. Polysulfides, renowned for their role in regulating nitric oxide, vasodilation, and reducing blood pressure and cholesterol levels. Additionally, SAC plays a crucial role in safeguarding the cell membrane, essential for proper cell function, and protecting against the constant stress that could lead to neurodegenerative diseases like Alzheimer's, Parkinson's, and Huntington's. Furthermore, the broad-spectrum antibacterial effect, targeting epidemic viruses and various pathogenic microorganisms, is complemented by the inhibitory and killing effects of the sulfur-containing compound "Propylene" on fungi. This shows how black garlic helps with both fighting bacteria, and reducing inflammation. The selenium it contains helps the liver by eliminating toxins and reducing the detoxification burden. The alkaloids in black garlic can lower blood sugar and increase insulin without affecting normal blood sugar levels. As we age, free radicals can harm our brain cells and circulation, impacting memory. Black garlic's strong antioxidants help by stopping free radical activity. Eating black garlic offers various benefits, from refreshing the brain and improving concentration to supporting children's brain development and easing memory issues in the elderly. Its super antioxidant properties combat lipid oxidation, a key factor in aging. Studies show that the volatile oil in black garlic enhances macrophage function in the brain, boosting the immune system. Additionally, the zinc in black garlic aids in hormone synthesis and strengthens immunity. In addition to its cognitive benefits, black garlic supports overall physical health. It boosts blood circulation, reducing muscle soreness and stiffness, and relieves fatigue. Moreover, black garlic is thought to act as a natural antidepressant, promoting serotonin production and fostering a positive mental state. The extensive health-promoting properties of black garlic make it a valuable addition to your diet, addressing both cognitive and physical well-being.