

Drug Alert 11/98

(Only for doctors and pharmacists)

(Evidence of ineffectiveness of dry garlic powder against cholesterol, applies also to Kyolic and other preparations)

Garlic (KWAI etc.) against high cholesterol level

However, a daily dose of 900 mg dehydrated garlic (KWAI etc.) over six months does not lower an elevated cholesterol level better than placebo. This was the result from a double-blind study co-sponsored by Lichtwer AG on 115 patients with moderate hypercholesterolemia, who received 300 mg garlic powder in tablet form or placebo three times a day for six weeks.

Source:

(NEIL, H.A.W. et al.: J. Roy. Coll. Physicians London 30 [1996], 329; BEAGLEHOLE, R.: Lancet 348 [1996], 1186).

Separate Link: Clinical Study