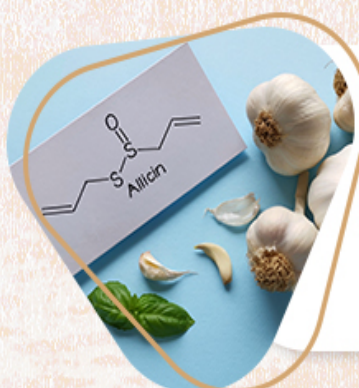


Pros And Cons Of Garlic

• For Children •

Benefits



Allicin, a biologically active compound in garlic, has antimicrobial and immune-modulating properties.



Fructan, one of the main components of garlic, can help treat diarrhea by promoting the growth of healthy gut bacteria.



Garlic has diallyl disulfide that may work as an anti-inflammatory and anti-carcinogenic agent.

Side Effects

Garlic may cause increased bleeding during or after surgery as it acts as a blood thinner.



It may interact with medicines such as those used for tuberculosis and NSAIDs.



Excess garlic may cause stomach problems such as bloating and a stinging sensation.



References

1. Role of Garlic in Chronic Diseases: Focusing on Gut Microbiota Modulation. Pure - Monash University
2. 4 Health benefits of garlic; Virginia Commonwealth University Health.
3. Garlic; Mount Sinai