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## Forever Garlic-Thyme®

The dietary uses of garlic and thyme have been traced back thousands of years. An Egyptian papyrus dating from 1,500BC listed 22 healthy uses for garlic. Today, we are starting to understand how they work.

Garlic and thyme, the two powerful antioxidants found in Forever Garlic-Thyme®, combine to create a great tool in maintaining good health. When garlic is cut or crushed, enzymes react to produce a powerful immune-enhancing agent. Studies have shown that garlic's other ingredients help the metabolism convert fats to energy and protect the body against free radicals.

Other healthy substances in this odorless softgel include ajoene and lecithin, which can help emulsify fats. Garlic's sulfur compounds have also been shown to have beneficial properties. Garlic also contains germanium, a mineral trace element believed to help boost the body's immune system and selenium, a trace mineral antioxidant.

Thyme contains Tannin, Phenol and Thymol (saponins) and other beneficial antioxidant substances.

### Supplement Facts

Serving Size 1 Softgel	
<b>Amount Per Softgel</b>	
Odorless Garlic Concentrate, liquid (bulb) (Equivalent to 1,000 mg fresh garlic)	10 mg*
Thyme, powdered (leaves)	50 mg*
* Daily Value not established	

### OTHER INGREDIENTS

Canola Oil, Gelatin, Glycerin, Lecithin, Beeswax, Purified Water, and Carob Extract

**Contains Soy.**

### CONTENTS

100 softgels

### SUGGESTED USE

One softgel with each meal as a dietary supplement.



- Powerful antioxidant
- Odorless, softgel capsule
- Helps protect the body against free radicals
- Helps support the conversion of fats to energy



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*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*