

Garlic Preparations, Dosages, and Demonstrated Effects

Type of Garlic Preparation	Dosage, Duration	Demonstrated Effects
Raw, crushed	5 g, one time	Upregulation of genes related to immunity and apoptosis in humans ²³
Garlic oil	20–40 mg/kg, five times/week for 21 weeks	Prevention of liver cancer nodule development in rats ²²
Garlic oil	100–200 mg/kg, every other day for two weeks	Modulation of Th1 and Th2 lymphocytes in rats ²⁴
Garlic oil	100 mg/kg, daily for 30 days	Prevention of bone loss due to hormone deficiency ⁴
Garlic powder (encapsulated)	600 mg time-released tablet/day for 12 weeks	Decrease in total and LDL cholesterol levels in humans ¹⁷
Garlic powder (encapsulated)	900 mg/day for 24 weeks	Decrease in fasting blood sugar levels in humans with diabetes ¹⁹
Garlic powder (encapsulated)	300–1,500 mg/day for 24 weeks	Decrease in fasting blood sugar levels and HbA1c in humans with diabetes ²⁰
Garlic powder (encapsulated)	800 mg/day for one month	Decrease in one inflammatory cytokine in humans ^{28,29}
Garlic powder (encapsulated)	600 mg/day for six days	Decrease in body temperature, a marker of infection in humans ²⁶
Aged garlic extract (AGE)	480–1,200 mg/day for 12 weeks	Decrease in systolic blood pressure in humans ¹⁰⁻¹²
AGE	80 mg/day for 12 weeks	Decrease in LDL cholesterol levels in humans ¹⁸
AGE	2.56 g/day for 45 days	Increase in immune cell proliferation in humans ²⁵