



# AIM Bear Paw Garlic®



Bear Paw Garlic is a dietary supplement that targets cardiovascular health with a unique source of leaf nutrients found in alpine wild garlic.

## How is Bear Paw Garlic Unique? —

- Twenty-four years of safe and beneficial use by AIM Members
- Wild garlic leaf that has never been domesticated
- Distinctive, active compounds found in garlic leaves

## Approach —

The cardiovascular system consists of blood vessels and the heart. Blood circulates throughout this system, supplying all body organs and tissues with oxygen and nutrients and a pathway for the removal of waste products.

Unhealthy lifestyle choices are major factors in cardiovascular disease. Smoking, poor diet and lack of exercise contribute to making cardiovascular disease the biggest killer in North America. Changing your lifestyle choices along with adding garlic to your dietary intake can help you maintain your cardio health.

Bear Paw Garlic is a unique form of garlic. It is not derived from *Allium sativum*, the species of garlic sold in supermarkets and used in garlic supplements. Rather, Bear Paw Garlic comes from *Allium ursinum*, commonly known as alpine wild garlic, an undomesticated species found in central Europe.

## *Allium ursinum* (Alpine Wild Garlic) —

Unlike *Allium sativum*, *Allium ursinum* has never been successfully cultivated. It is found in areas of damp woods and wooded ravines and flourishes in the hills and mountains of central Europe.

Derived from the Latin word *ursinum*, meaning bear, it is believed that after awakening from winter hibernation, bears consume wild garlic to regain their strength. Although most of us think of garlic in terms of the bulb and cloves, the active substances in *A. ursinum* are found in its green leaves.

Garlic has a long history as a healthful plant, having been used for medicinal purposes from as early as 3000 B.C. Garlic is made up of sulfur compounds, amino acids, minerals, such as germanium, selenium and zinc, and vitamins A, B and C. Allicin, a sulfur-containing compound in garlic, is traditionally believed to be primarily responsi-

## Key Benefits and Features

- May help maintain cardiovascular health
- Provides all the benefits of regular garlic and more
- Has properties for increased immuno health
- Exhibits antioxidant activity
- Twenty-four years of safe and beneficial use by AIM Members
- 1,002 mg of alpine wild garlic per 3-capsule serving
- Odorless upon digestion
- High adenosine content
- High  $\gamma$ -glutamyl peptide content
- 90 vegan capsules

ble for most of the suggested benefits of garlic. Allicin is also responsible for garlic's unique odor.

*Allium ursinum* and *Allium sativum* share these constituents as well as a number of benefits. Both types of garlic help maintain the health of the cardiovascular system and provide antioxidant properties. However, *A. ursinum* has many nutritional differences.

*A. ursinum* contains allicin and its related forms, as well as more ajoene (a degraded form of allicin) and its related forms, more  $\gamma$ -glutamyl peptides (GLUT) and more than 20 times as much adenosine.

The current opinion is that the  $\gamma$ -glutamyl peptides and ajoene result in an increase in the difference across the membrane of the vascular smooth muscle.

$\gamma$ -glutamyl peptides have also been demonstrated to inhibit the actions of angiotensin I-con-



verting enzyme (ACE), an enzyme released from the kidneys that regulates blood pressure.

Adenosine helps increase blood vessel width and can also reduce platelet aggregation (blood stickiness). It also acts as a muscle relaxant and as a protectant against poisons.

*A. ursinum* is essentially odorless, although when you first open Bear Paw Garlic, the garlic odor is unmistakable. Unlike eating regular garlic, after swallowing Bear Paw Garlic capsules, the odor is not as noticeable upon digestion. This is because the leaves of *A. ursinum* contain substantial amounts of chlorophyll, which binds nitrogen compounds during digestion and thus prevents the development of the smell associated with the breakdown products of garlic. Also, allicin is found in lower concentrations in the leaves of *A. ursinum*. However, the lesser amounts of allicin are replaced by other related sulfur-containing constituents, so none of the benefits of allicin are lost.

In summary, *A. ursinum* has all the benefits of the *A. sativum* products that are found on the market. However, *A. ursinum* has three advantages over this domesticated garlic:

1. It has more of the active substances
2. It has active substances not found in cultivated garlic, or found only when large quantities are taken
3. It is odorless.

## Process

*A. ursinum* is handpicked in the spring during a one-week period in the alpine regions of Switzerland. Because it is wild, only the leaves are harvested; the bulb remains in the earth to ensure future growth.

The wild garlic leaves are processed quickly: cleaned, washed, dried and milled at a low temperature. During this process, adenosine levels are monitored to guarantee at least 1,300 ppm (mg/kg).

## FAQs

### Is there anyone who should not use Bear Paw Garlic?

Consult a health care practitioner prior to use if you are pregnant or nursing, have a blood clotting disorder or low blood pressure.

### What is the difference between *A. ursinum* and *A. sativum*?

Both *A. ursinum* and *A. sativum* come from the same family and share the same active substances and benefits. Whereas the leaves of *A. ursinum* are used, it is the bulbs of *A. sativum* that are utilized. *A. ursinum* also has higher quantities of many of the active substances found in *A. sativum*. In particular, *A. ursinum* has more

## How to use Bear Paw Garlic

- Take three capsules per day. You may take them at any time.
- Consult a health care practitioner prior to use if you have a blood clotting disorder.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

of the water-soluble substances. Additionally, *A. ursinum* has less odor upon digestion.

### Are allicin and other fat-soluble substances the only important compounds in garlic?

No. Although allicin and ajoene are important, there is a wealth of research from Europe indicating that the water-soluble parts of garlic—adenosine,  $\gamma$ -glutamyl peptides, flavonoids and fructanes—are equally important, if not more beneficial than allicin.

### What are these water-soluble substances?

Adenosine and  $\gamma$ -glutamyl peptides are two water-soluble substances mentioned in this datasheet. Flavonoids are substances in plants that often have health benefits. Fructanes are significant because they are indigestible sugars known as oligosaccharides. Fructo-oligosaccharides encourage the growth of good intestinal bacteria.

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