AIM Bear Paw Garlic®

The cardiovascular system consists of the heart and blood vessels. Through this system, blood circulates throughout the body. All body organs and tissues need a supply of blood to receive nutrition and to remove waste products.

Lifestyle is a major factor in cardiovascular disease. A poor diet, lack of excerise, and smoking all contribute to making cardiovascular disease the biggest killer in North America. Changing your lifestyle, and using supplements such as alpine wild garlic, can help you maintain your cardio health.

What is AIM Bear Paw Garlic®?

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, AIM Bear Paw Garlic comes from *Allium ursinum* (Alpine Wild Garlic), a wild species of garlic found in central Europe.

Unlike *A. sativum*, *A. ursinum* has never been successfully cultivated. *A. ursinum* is found in areas of damp woods and wooded ravines and flourishes in the hills and mountains of central Europe. Its name is derived from the claim that bears, after awakening from winter hibernation, consume wild garlic to regain strength (*ursinum* is Latin for "bear"). Although most of us think of the distinctive garlic bulb and cloves when considering garlic, the active substances in *A. ursinum* are found in its green leaves.

Allium ursinum (Alpine Wild Garlic)

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

A. ursinum and A. sativum share these constituents as well as a number of benefits. Both types of garlic help maintain healthy cholesterol levels, have antioxidant properties, and have antifungal and antibacterial properties. However, A. ursinum has a number of advantages over *A. sativum.*

Benefits and Features

- May help maintain cardiovascular health
- May help maintain healthy blood pressure
- Helps maintain healthy cholesterol levels
- Has all the benefits of regular garlic, plus more
- Has antibacterial and antifungal properties for increased immuno health
- Displays antioxidant activity
- More than fifteen years of safe and beneficial use by AIM Members
- 1,002 mg of alpine wild garlic per 3-capsule serving
- Is odorless upon digestion
- Has high adenosine content
- Has high γ-glutamyl peptide (GLUT) content
- Has never been domesticated
- Active substances found in the leaves, not the bulbs
- 90 vegan capsules

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

Current opinion states that the γ-glutamyl peptides and ajoene result in an increase in the difference across the membrane of the vascular smooth muscle. This, in turn, results in a widening of blood vessels, which maintains healthy blood pressure.

γ-glutamyl peptides have also been demonstrated to inhibit the actions of angiotensin I-converting 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, such as caffeine.

A. ursinum is also odorless; although, when you first open AIM Bear Paw Garlic, the garlic odor is unmistakable. However, upon digestion the garlic odor is not as noticeable. 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 hand-picked in the spring during a one-week period. It is harvested in the alpine regions of central Europe, in particular Switzerland. Because it is wild and cannot be cultivated, only the leaves are cut; the bulb remains in the earth to ensure future supply.

Once the leaves are harvested, they are processed quickly. They are cleaned, washed, dried, and milled under low temperatures. During this processing, adenosine levels are monitored to guarantee at least 1,300 ppm (mg/kg).

How to use Bear Paw Garlic

- Take three capsules per day. You may take them at any time.
- Consult a health care provider 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.

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Q & A

Is there anyone who should not use Bear Paw Garlic?

Consult a health care provider 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. However, the leaf is used in *A. ursinum* and the bulb is used in *A. sativum*. *A. ursinum* also has higher quantities of many of the active substances than *A. sativum* does and upon digestion has less odor. In particular, *A. ursinum* has more of the water-soluble substances.

Aren't allicin and other fat-soluble substances the only ones of importance 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, γ-glutamyl peptides, flavonoids, and fructanes—are equally important, if not more beneficial than allicin. Also, allicin has known side effects and is also highly unstable.

What are these water-soluble substances?

We have briefly discussed adenosine and g-glutamyl peptides in this data sheet. 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.