

# Anti-microbial Properties of Garlic

Yadu Moharir, Ph.D.  
Nutritional Consultants Unlimited, Inc.

Garlic (*Allium sativum* L.) has been cultivated for use as a spice by many different cultures. Garlic has been used since ancient times as a broad-spectrum antimicrobial. Sulfur content in the garlic is regarded as being the active principle. Garlic contains allin [(+)-S-allyl-L-cysteine sulphoxide] and (+)-S-methyl-L-cysteine sulphoxide, gamma-L-glutamyl peptide, S-allyl-cysteine. Allin in presence of the enzyme alliinase gets converted to allicin.

There are many scientific citations that document the powerful antimicrobial properties of garlic against many pathogens. Some of the papers are cited below:

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