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rest 10 minutes before heating or cooking

- Chop or crush raw garlic to release healthful compounds. Let
 - Supplements are not as effective as whole, raw garlic
 - Some studies indicate blood glucose regulation
- May help lower cholesterol and protect against heart attack and stroke
- inhibiting growth of cancer cells and tumors
- Allicin and other compounds in raw garlic may help reduce risk of cancer by
 - Good source of minerals potassium, calcium, phosphorus and magnesium
 - Excellent source of antioxidants from vitamins C, A and selenium

Potential benefits of consuming garlic:

• 9 Calories, .4 gm protein, .1 gm fiber, 0 fat, no cholesterol 2 cloves of raw garlic provides:

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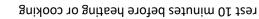
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