

Health Benefits of Black Garlic

1. Contains more antioxidants
2. May help regulate blood sugar
3. May reduce the risk of heart disease
4. Compounds in black garlic may protect brain health
5. May have anticancer properties
6. Black garlic may help protect your liver

The health benefits of black garlic are numerous. I recommend a visit to this website: You will see an icon that says “Evidence Based” for more reassurance on the validity of the source.

[https://www.healthline.com/nutrition/black-garlic-benefits - 2.-May-help-regulate-blood-sugar](https://www.healthline.com/nutrition/black-garlic-benefits-2.-May-help-regulate-blood-sugar)

<https://giveandgrowmushrooms.com>