## Nutrition



## Forever Garlic-Thyme®

The dietary use of garlic and thyme has been traced back thousands of years. An Egyptian papyrus dating from 1,500BC listed 22 healthy uses for garlic. Today, we are starting to understand how they work.

Garlic and thyme, the two powerful antioxidants found in Forever Garlic-Thyme®, combine to create a great tool in maintaining good health. When garlic is cut or crushed, enzymes react to produce a powerful immune-enhancing agent. Studies have shown that garlic's other ingredients help the metabolism convert fats to energy and protect the body against free radicals.

Thyme contains saponins and other beneficial antioxidant substances.

Supplement F	acts
Serving Size 1 Softgel	
Amount Per Softgel	
Odorless Garlic Concentrate, liquid (bulb)	10 mg*
(Equivalent to 1,000 mg fresh garlic)	
Thyme, powdered (leaves)	50 mg*
* Daily Value not established	

Other ingredients: Canola oil, gelatin, glycerin, lecithin, beeswax, purified water, carob extract **Contains Soy.** 

CONTENTS 100 softgels

SUGGESTED USE

One softgel with each meal as a dietary supplement.



- · Powerful antioxidant
- Odorless, softgel capsule
- Helps protect the body against free radicals
- Helps support the conversion of fats to energy





PRODUCT #065

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.